



## KINDERGARTEN

LESSON: MyPlate Daily Serving Sizes

SC STANDARD: Literacy Standards



It's your world.

### MYPLATE DAILY SERVING SIZES

#### OBJECTIVES:

- Understand the difference between portions and serving size
- Learn correct serving sizes for different foods
- Visualize serving sizes

#### LET'S GET STARTED:

- Review MyPlate and the food groups involved
- Discuss the difference between portions and serving sizes
- Discuss serving sizes of the different food groups and recommended amounts per day

#### STORY:

- Story about Boss learning about meal planning

#### WRAPPING UP:

- Remind students that daily serving sizes can be helpful in planning meals

### LET'S GET STARTED!

- This week we are going to talk about using MyPlate to plan meals and understand serving sizes! Ask students if they remember MyPlate. Explain the difference between portions and serving sizes. Talk about how visualizing serving sizes of different foods can help with portion control.

#### DIALOGUE BOX

- Does anyone remember when we talked about MyPlate?
- MyPlate shows all the different food groups and the portion sizes you should eat for each food group at a meal.
- A portion size is similar to a serving size, but not quite the same thing. A portion is how much of a food is on your plate for a meal and how much of it you eat. A serving size refers to the recommended amount of the certain type of food you are supposed to eat.
- Many Americans overeat because they have trouble with portion control or don't understand serving sizes. Most meals at restaurants are much larger than they need to be, and the portion they serve you is often two or three times what you need!
- Knowing how much of each food group you need to eat during the day can help you with portion control by helping you plan meals and space the recommended daily serving size out over several meals.
- Explain the recommended serving sizes of the different food groups, using common food examples.

#### DIALOGUE BOX

- The serving size for vegetables is one cup, and you should eat two servings of vegetables daily. Remember what a 1 cup measuring cup looks like? It's a little bigger than the size of your fist and you need two of those of vegetables every day!
- The serving size for fruit is also one cup, and you should eat two servings of fruit per day. Fruit juice can count toward your fruit serving for the day as well!
- The serving size for grains is one ounce. So what counts as one ounce? A piece of bread, half a bagel, a small pancake, 1 cup of cereal, and  $\frac{1}{2}$  cup of pasta are all examples of what one ounce of grain looks like. You should try to eat about 4-5 of these servings per day. Remember, try to eat as many whole grains as you can!
- The serving size of protein foods is about 2-3 ounces. That's about the size of a



deck of cards. You should eat about 2 of these servings of protein foods per day, whether it's chicken, beef, fish, beans, or eggs!

- The serving size for dairy is one cup, and you should try to get about three cups of dairy every day. If you eat cheese, then the serving size is 1.5-2 ounces, which is about once slice. Drinking a glass of milk at every meal is an easy way to get all of your dairy.
- The daily serving sizes can be a little bit confusing because they tell you how much you should eat throughout the whole day. You can split them up over different meals though, and planning meals can help you make sure you eat the right amount of food throughout the day.
- Try getting your two cups of fruit by eating a cup at breakfast and a cup for a snack, or eating two cups of vegetables by eating a cup for lunch and a cup for dinner!

## STORY

- Read the story about Boss' friend teaching him about planning meals and staying on track with his diet

### Meal Planning with Boss

During the school year, Boss and his friends love to get together during lunch to talk and hang out before they head back to class! Most of the time Boss buys his lunch in the cafeteria because that is the easiest thing for him to do. He thinks packing lunches takes longer than buying it at school! One day in the middle of the week, Boss and his friends all got together for lunch. Boss headed up to the food line where he got a peanut butter and jelly sandwich with some chips! When he got back to the table, he noticed that one of his friends had a perfect looking bag lunch filled with healthy foods. Boss said, "Wow Will your lunch looks so good!" Will responded, "Thanks! I packed it this morning all by myself! Boss noticed that his lunch had some steamed vegetables, a sandwich with chicken on it, and some grapes! He could not believe how well put together his lunch was and asked, "I wish I could pack lunches like that! How do you know how to pack such a great lunch? How do you have time in the morning to pack it up? I feel like I barely have time to eat breakfast in the mornings!" Will said, "My mom showed me how to pack lunches like this! And I don't pack my

lunches in the morning, but I pack them the night before so I don't have to worry about it before school! It's called meal planning! You plan ahead what foods you are going to eat the next day, pack them up the night before, and then you don't have to worry about what you are going to eat the day of!" Boss said, "So it's called meal planning? I don't think I've ever heard of that! So I could meal plan for an entire day the night before? That sounds great! I have never thought of doing that before!" Boss friend replied, "Yes it is very easy and convenient!" Boss then asked what types of foods you could pack the night before for meal planning, and his friend said, "You can prepare any food the night before to have the next day! You can make chicken on the grill, steam some vegetables, but up some fruit, and even make salads the night before! Not only is meal planning great, but it also is a way to stay on track when it comes to eating healthy. If you pack your meals the night before, you do not have to question what you will be eating the next day! So, if in the afternoon you are starving but don't know what to eat, you are prepared because you meal planned the day before! That's why I am always bringing healthy, well-rounded lunches to school because I took time the night before to plan them out and make them!" Boss was so excited his friend had told him how he meal plans and said, "I am going to start doing this from now on! This would be a great way for me to make sure I got all of my fruits and vegetables in for the day since I would be preparing them the night before! I cannot wait to start!"

## WRAPPING UP

- Ask students if there are any questions about serving sizes, either per meal or per day. Remind them that MyPlate is a great tool to use to plan meals and make sure they get their recommended servings of every food group.

