Get Up & Move!

MyPyramid Relay (15 minutes)

Items needed for this activity:

- MyPyramid poster
- Food pictures (available on website); plastic toy food, food models that may be available at the Extension Office; or empty food containers
- 6 brown paper grocery bags – labeled with the 6 food groups (available on web)
- Optional – Serving Size Handout, and an assortment of the food items identified on the Serving Size Handout (tennis ball, compact disk, audiocassette tape, baseball, plastic egg, several dominoes, ping pong ball, deck of cards, 3 sizes of paper cups (6 oz., 8 oz., 10 or 12 oz.)

Background information for presenter:
The MyPyramid is a good starting point for making food choices. Choosing foods according to the Pyramid can help youth and adults get all the nutrients and other things, such as fiber, that are needed for good health. No single food or food group supplies all the nutrients in the amounts needed – so it is important to know the recommended number of servings from each Pyramid food group. Knowing what counts as a Pyramid serving is also important. Review the information provided

Step 1: Group Activity (15 minutes)
Today we are going to start by seeing what you know about the 2005 food guidance system. We are going to divide into two teams (or other appropriate number for your group) for a relay. Since we are talking about food we are going to count off by saying apple, orange, apple, orange, etc. (if using more than two groups add in additional fruit to equal number of teams). OK, we now have our groups, apples and oranges. I am going to give each person a picture of a food item. When it is your turn you are going to run down to the other end of the room and place your picture in one of these five brown bags. You can see each bag has the name of a food group. Put your picture in the food group bag where you think it belongs, then run back to the line and tag the next person, who continues the relay.

Now, by teams form lines and the first person in the line should get ready to run when I say GO! Ready, GO!

(Once the relay is over, follow-up with the following discussion)
Everyone has put his or her picture in a bag. Let’s see how you did. I’ll need a volunteer to help me with the first bag.

OK, let’s start with the first bag. Would the volunteer please read the name of the food group in this bag, then pull the pictures out. Do all of these foods belong in this food group? No, some do not. (If items some are in the wrong bag). Do you know which food group they belong in?

Now we will look in bag 2. (Continue until you have done all of the bags, recruiting a new volunteer each time)

Bag 3
Bag 4
Bag 5
Bag 6

We did pretty well, now we have our food in the correct food group.

Step 2: Information to share with club members (5 minutes)
Let's look at this MyPyramid poster. We are going to quickly review how many servings we need each day from each of the food groups. Let's start on the left side of the pyramid.

How many servings do we need each day from the grain group? (6 ounces)
How many servings from the vegetable group? (2 ½ cups)
How many servings from the fruit group? (1 ½ cups)
How many servings from the milk group? (3 cups)
How many servings from the meat & beans group? (5 ounces)
How many servings from fats, sugars, and sodium? (sparingly)

Great job. It is important that we remember this as we are making choices about the foods we eat each day. And remember, this includes not only the food that you eat during meals, but also all of the food you eat as snacks.

**OPTIONAL ACTIVITY OR GOAL:** (10 minutes)
We have spent some time talking about how much of each food group you should have, however we haven’t really talked about what makes a “serving.” Serving sizes for different foods are not all the same. For example, a single serving of fruit juice is ¾ of a cup, while a single serving of milk is 1 cup.

To help you have a better understanding of serving sizes, we are going to do an activity to see what a serving of different food looks like. I have several common items here that we are going to use to describe what a serving looks like. (Show some of the different serving size items. Print out “Making Sense of Serving Sizes” handout to use as a guide and also to distribute as a take-home piece for the members).

I'll ask a question about serving sizes and then call on one person to come select the item that is the correct size.

A serving of cooked rice or macaroni is ½ cup. Which item is about that size? (tennis ball or ice cream scoop)
One pancake is a serving, but pancakes come in lots of sizes. Which item best shows how big a pancake should be for one serving? (compact disk)
Which cup would you use for a serving of fruit juice? Do you know how much juice is a serving? (6 ounces or ¾ cup). Did you pick the right size cup?
A medium sized fruit is a serving, which ball is closest to the size of a medium fruit? (tennis ball)
A cup of lettuce is a serving, which item is about the size of a cup of lettuce? (baseball or your fist)
A ¼ cup is the serving size for dried fruit, which item is about the size of a ¼ cup of raisins? (plastic egg)
Which cup would you use for a serving of milk? How many ounces is a serving of milk? (8 ounces or 1 cup)
1 1/2 ounces of cheese is a serving. How many dominoes would represent this amount of cheese? (3 dominoes, or a 9-volt battery)
Peanut butter is a part of the meat & beans group. What item would be about the size of 2 tablespoons of peanut butter? This would also be equal to about 1 ounce of meat. (ping pong ball)

As you can see we sometimes eat more than we realize. When you eat macaroni for lunch do you eat just a half-cup? You probably eat enough to equal a cup. Is this OK? Yes, it is OK, but we need to remember to count it as two servings when we are thinking about how many servings we ate today.

You did great and now have a little bit better idea of what a serving of different foods look like. (Distribute copies of the “Making Sense of Serving Sizes” handout.)
The Grain Group

The Vegetable Group

The Fruit Group

The Milk Group

The Meat & Beans Group

Fats, Sugars, and Sodium
Making Sense of Portion Sizes

Below are some ways you can help others picture food portions using everyday objects. Using these everyday examples can help show others that they may actually be eating more food than recommended by the 2005 food guidance system.

The Grain Group
1 cup of rice (2 ounces) .........................is a tennis ball, ice cream scoop
1 pancake (1 ounce) ............................is a compact disc (CD)
1/2 cooked cup rice (1 ounce ...............is a cupcake wrapper full
1 piece of cornbread (2 ounces) .................is a bar of soap
1 slice of bread (1 ounce) ........................is an audiocassette tape
1 cup of pasta/spaghetti (2 ounces) ...........is a fist*
1 cup of cereal flakes (1 ounce) ...............is a fist*

The Vegetable Group
1 cup green salad..................................is a baseball or a fist*
1 medium baked potato (1 cup) ...............is a fist*
1/2 cup cooked broccoli..........................is a scoop of ice cream or a light bulb
1/2 cup serving......................................is 6 asparagus spears; 7 or 8 baby carrots or carrot sticks or 1 ear of corn on the cob

The Fruit Group
1/2 cup of grapes (15 grapes).............is a light bulb
1/2 cup of fresh fruit..........................is 7 cotton balls
1 medium size fruit.............................is a tennis ball or a fist*
1 cup of cut-up fruit..............................is a fist*
1/4 cup raisins..................................large egg

The Milk Group
1 1/2 ounces hard cheese.................is a 9-volt battery, 3 dominoes
   (counts as 1 cup of milk) or your index and middle fingers*
1 ounce of processed cheese..........is your thumb*
   (counts as 1/2 cup milk)
1 cup of ice cream............................is a large scoop the size of a baset
   (counts as 3/4 cup milk)

*(Note: hands and finger sizes vary from person to person! These are GUIDES only).
The Meat & Beans Group
2 tablespoons peanut butter (counts as 2 oz. meat).........is a ping-pong ball
1 teaspoon peanut butter (counts as 1/3 oz. meat)..........is a fingertip*
1 tablespoon peanut butter (counts as 1 oz. meat)...........is a thumb tip*
3 ounces cooked meat, fish, poultry........is a palm, a deck or cards
or a cassette tape
3 ounces grilled/baked fish..................is a checkbook
3 ounces cooked chicken.....................is a chicken leg and thigh or breast

Fats, Oils and Sweets (discretionary calories)
1 teaspoon butter, margarine......................is the size of a stamp the thickness
(counts as 38 discretionary calories) of your finger or a thumb tip*
2 tablespoons regular salad dressing...........is a ping-pong ball
(counts as approximately 150 discretionary calories)

Snack Foods
1 ounce of nuts or small candies.................is one handful*
1 ounce of pretzels..............................is two handfuls*
1/2 cup of popcorn...............................is one man's handful*
1/3 cup of popcorn..............................is one woman's handful*

Serving Dishes/Utensils
1/2 cup.........................................is a small fruit bowl, a custard cup or
mashed potato scoop
1 1/2 cups.................................is a large cereal/soup bowl
1 1/2 cups of pasta, noodles.............is a dinner plate, not heaped
1/2 cup of pasta, noodles.................is a cafeteria vegetable dish

You might want to know that...
1 cupped hand holds 2 tablespoons of liquid if you don't have measuring spoons
1 slice of bread is one ounce or 1 serving; some rolls or bagels weigh 3 to 5 ounces or
more making them equal to 3 to 5 servings of bread

*(Note: hands and finger sizes vary from person to person! These are GUIDES only).

Adapted from Ellen Schuster, Oregon State University