Get Up & Move!

Community Activity Series 1: November

Making Sense of Portion Sizes
You have spent this past month learning about portion sizes and now it’s time for your club to use what you learned to teach others. For this month’s community activity, your club can make menus of different meals or snacks, with the portions of the foods matching the household items that equal a serving of each food. You can then display your menus in your school cafeteria or library, local library, or local community center.

Your menu can consist of ideas for breakfast, lunch, dinner, snacks, or desserts. For example, a breakfast might show two pieces of bread, peanut butter and a banana. Lunch could show two slices of bread, sliced turkey, lettuce and tomato, and apple, and a glass of milk. There are many more ideas for meals and snacks and this activity allows you to be creative!

The menus that you can create will show the pictures of the foods that you chose to be in your meals, but will also show the common household objects that correspond with the foods. You can cut out pictures of foods and their corresponding objects from different magazines or newspapers in order to make your menus more colorful and creative! Remember that you can reference the “Making Sense of Portion Sizes” worksheet that was mentioned in the Parent Newsletter and Family Activity in order to remember which objects represent servings of different foods. Below is an example of what a breakfast meal on your menu might look like.

2 slices = 2 tablespoons = (1 ping pong ball)

1 cup sliced =

Source: (www.dkimages.com; www.branders.com)