Get Up & Move!

Family Activity Series 1: November

Making Sense of Portion Sizes

In this month’s family activity, you and your family can use what you learned about portion sizes and put it into action! The Parent Newsletter and the “Making Sense of Portion Sizes” sheet have taught you that household items can be used to approximate serving sizes of many foods.

Many of the items mentioned, such as a tennis ball, baseball, a deck of cards, a checkbook, or cotton balls, are easy to find and even easier to carry around because they are small! This month, when you and your family visit a restaurant, try to gather a few of the items listed above to take with you. It might also be helpful to bring the “Making Sense of Portion Sizes” sheet with you to the restaurant.

When your family is served, you can take out a few of the items you brought and compare the portions of the foods you are served to the recommended portion sizes. For example, if the restaurant serves you a large piece of meat, you could take out your deck of cards and be able to see what a serving of meat should look like. You would see that many times you are served a larger portion of meat than the recommended serving size. After you return home, take some time to discuss the following questions with your family. If you need additional space to answer the questions, use the back of this sheet or another piece of paper.

Were most of the portions you were served larger than the recommended portion sizes indicated by the objects you brought to the restaurant? Some examples would be getting more meat than the size of a deck of cards or more pasta than the size of a tennis ball.

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Were you served larger amounts of foods that were higher in calories or lower in calories?

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Are there foods you were served that are healthier to eat in larger portion sizes? If yes, which foods?

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What ideas do you have that would make it easier to follow portion size recommendations while eating at a restaurant?

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