Lesson 5 includes an activity with portion sizes. Below are directions for assembling your own *How Big is BIG?* Kit. Feel free to modify this kit and accompanying handout in terms of foods and portion sizes that may have more local meaning and/or are easier to access.

**Locate the following food portions and/or containers:**

**Soda pop**
- One 12-ounce can
- One 64-ounce cup
- One 8-ounce glass bottle

**Cookie**
- One giant size cookie, approximately 5¼” diameter by 3/8” thick
- One regular size cookie such as a commercial chocolate chip cookie.

**Brownie**
- One giant brownie about 4” x 2¾” x 1” weighing about 7½ ounces

**Muffin**
- One large muffin approximately 6 ounces (e.g., from a gas station/convenience store)

**Bagel**
- One large 5- to 6-ounce bagel

**French Fries**
- French fries and their containers from a fast food restaurant in the following sizes:
  - Small serving (about 27 fries)
  - Large serving (about 96 fries)

**Note:** You can make non-edible fries from light-brown colored upholstery foam cut in strips. An electric knife works great for cutting foam.

**Sugar Cubes**
- 12 cubes in one plastic re-sealable bag (for 12-ounce soda pop)
- 64 cubes in one plastic re-sealable bag (for 64-ounce soda pop)

**Note:** This kit rounds up the amount of sugar in regular pop to be 1 cube or teaspoon per ounce. Although this is a bit high on average (most estimates are 10-12 tsp. of sugar per 12-ounce can) it is very easy for learners to remember the 1 cube or 1 teaspoon conversion. And whether you figure 53 (using 10 tsp./12 oz.) or 64 cubes (12 tsp./12 oz.) in 64 ounces of soda pop, either total is a very large amount.