Rate A Full Plate

A supplemental activity for
A New You: Health for Every Body

Adapted from Small Victories, a mini-lesson series promoting positive eating, physical activity and body image attitudes and behaviors.

Learner objectives
As a result of this presentation, participants will
✦ Appreciate the power of portion control – that they can have a full plate, eat their favorite foods, and feel satisfied after they eat

What you need
✦ Handouts
  “Rate a Full Plate”
  Participant evaluation form (add your contact information)

✦ Photo image of 2 plates
Note: The CD contains the photo image that you can use or adapt in several different ways, including the following:
  * use a laptop computer and multi-media projector to show the image on the CD
  * have image enlarged and mounted on foam core by a local copy shop
  * make color copies for each participant
  * make one copy of the image and pass it around to participants

Also a color print of the food plates is located in the notebook

✦ Laptop computer with CD drive, multi-media projector, and extension cord (if you plan to use the photo image from the CD)
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| 10 min. | In introducing the lesson, you may want to make this point: *The overall focus of the presentation is the broad concept of portion control, not absolute measurements or strict calorie counting.* Show the image. Make sure the plate with more gravy, stuffing, potatoes, turkey skin, salad dressing, and cranberry sauce appears on the left. Ask viewers to rate the two plates in terms of similarities and differences, and to share their thoughts. **Differences:** Larger amounts of gravy, stuffing, potatoes, turkey skin, salad dressing, cranberry sauce (higher-fat/higher-sugar foods) on left  
Larger amounts of green beans and tossed salad (lower-fat/lower sugar foods) on right **Similarities:** Both plates have same food items – only amounts differ. Ask for volunteers to guess which plate has more calories and what the calorie difference is. Distribute the handout. Ask viewers to note the following: Calories/serving sizes down the left side are for the left plate – 1100 calories  
Calories/serving sizes down the right side are for the right plate – 550 calories Compare the calorie differences on the handout to volunteers’ estimates. Ask for comments. | Visual: Photo image & Discussion  
Handout: “Rate A Full Plate” Discussion |
Refer to the photo image and the handout. Ask the audience to compare serving sizes and calorie differences of the food items on the two plates. Discuss the relationship between calorie levels in individual foods and the food’s fat/sugar content.

Point out that the same portion-control principle can apply to the following:

- Dessert: 2-inch slice of pumpkin pie with 1 tablespoon whipped cream has half the calories of a 4-inch slice with 2 tablespoons whipped cream.

Ask what are some other favorite meals or food combinations.

Ask if anyone prefers one plate or the other. Emphasize that there are no right or wrong answers. Discuss responses, emphasizing the following:

> You may prefer the left plate. However, when trying to moderate food intake, learning to prefer plates like the one on the right will help harness “the power of portion control.”

Questions/wrap-up/evaluation

Reinforce the bottom line.

> With portion control, you can have a full plate, eat the foods you like, and feel satisfied but not overstuffed. In other words, you can enjoy the foods you like while you eat, and feel good – physically and mentally – after you leave the table.
Rate A Full Plate

When you eat, do you fill your plate? Do you have favorite foods that you just can’t seem to pass up? To find out how you can have a full plate, enjoy your favorites, and still be healthy, come to the presentation of *Rate A Full Plate.*

Source: *Small Victories Presenter’s Guide* by Darlene Christensen and Suzanne Pelican. *Rate A Full Plate* developed originally by Suzanne Pelican for the Nutrition and Dietetics Training Program, Indian Health Service. *Small Victories* reflects the mission and principles of WIN Wyoming, a multi-agency, multi-state network that promotes healthy lifestyles instead of a specific body size, shape or weight. WIN Wyoming is coordinated through Department of Family and Consumer Sciences, University of Wyoming Cooperative Extension Service. [www.uwyo.edu/winwyoming](http://www.uwyo.edu/winwyoming).

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Wellness IN the Rockies • [www.uwyo.edu/wintherockies](http://www.uwyo.edu/wintherockies)  
Dept 3354, 1000 E. University Ave • University of Wyoming • Laramie, WY 82071

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