Portion Investigators

MyPlate Serving Sizes

Objective:
Practice measuring the standard MyPlate single equivalent serving sizes.

Age:
8 to 12 years of age.

Length:
Approximately 25 to 35 minutes

Supplies and Materials:
1. Rubber food models or real food for measuring serving sizes
   1-ounce slice of whole-grain bread
   cooked pasta, rice, or cereal (oatmeal)
   ready-to-eat cereal (little or no sugar; 1 cup weighs about 1 ounce)
   lettuce or other leafy green
   vegetable juice (tomato)
   raw or fresh vegetables either chopped or in small pieces (carrots, broccoli, peas)
   whole medium-sized fruit (banana, orange, apple)
   fruit juice (100% juice)
   canned or fresh chopped fruit (peaches, pears)
   low-fat milk
   yogurt (an 8-ounce and a 6-ounce container)
   hard natural cheese such as cheddar (1½-ounce slice or cube)
   small (1ounce) cooked hamburger patty
   peanut butter
   cooked dry beans such as pinto or kidney

Note: If you are using the rubber food models, tell participants that these do not weigh the same as a real food item but they are similar in size.

2. Five stations, one for each food group. Equip each with instructions and supplies.

3. Large paper plates – one per person.

4. Five measuring cups and one set of measuring spoons.

5. Markers for drawing.
**Special Considerations:**

*Wheelchair-Bound Participants:* Revise the ending physical activity to include things that can be done from a sitting position.

*Reading Assistance:* Encourage someone to read aloud so everyone knows what tasks to complete.

**Activity Directions:**

1. Divide into five groups and distribute one paper plate per participant.

2. Describe each of the 5 food groups and the number of servings needed for kids ages 9 to 13 years.

3. Indicate that at each station, they will draw one serving size on their paper plate and label it with a marker. Instruction sheets are at each station. At the end, they will have 5 foods, one from each group, drawn on their paper plate. They can use both sides of the plate.

4. The stations and instructions are as follows:

**Grains**
- 1 ounce of bread (have one-ounce bread slices) – DRAW and LABEL
- ½ cup cooked pasta, rice or cereal -- MEASURE
- 1 cup or 1 ounce ready-to-eat cereal -- MEASURE

**Vegetables**
- 2 cups leafy greens -- MEASURE
- 1 cup vegetable juice -- MEASURE
- 1 cup cooked or raw veggie – MEASURE, DRAW and LABEL

**Fruits**
- 1 medium whole fruit – DRAW and LABEL
- 1 cup fruit juice -- MEASURE
- 1 cup chopped, cooked or canned fruit -- MEASURE

**Dairy**
- 1 cup milk -- MEASURE
- 1 cup or 8 ounces yogurt – SELECT CONTAINER
- 1½ ounces of natural cheese – DRAW and LABEL

**Protein**
- 1 ounce of meat, poultry or fish (a small hamburger is 3 ounces) -- DRAW & LABEL
- 2 Tablespoons peanut butter -- MEASURE
- ¼ cup cooked dry beans -- MEASURE
5. Bring participants together. Review the food groups and numbers of servings. Explain the servings discussed today are for kids their ages. Reinforce number of servings with a physical activity. A suggested outline followings:

- **Grain Group** = 5 to 6 ounces, do 5 to 6 jumping jacks holding the paper plate.
- **Vegetable Group** = 2 to 2½ cups, touch your toes with your paper plate 2 to 3 times.
- **Fruit Group** = 1½ cups, place your plate on your head and turn around in a circle on your tip toes 2 times.
- **Dairy Group** = 3 cups, since kids your age are growing bones, jump in the air three 3 times a little higher each time.
- **Protein Group** = 5 ounces, fling your paper plate like a Frisbee and retrieve it 5 times.

**Take Home Tidbit:**
Take home slip says the following:
“Ask to see my paper plate with serving sizes that I made during the WIN Kids Fun Day.

**Source:** United States. Department of Agriculture and Department of Health and Human Services. *Nutrition and Your Health: Dietary Guidelines for Americans.*
ChooseMyPlate.gov

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