Portion Scavenger Hunt

Portion Size Activity

Objectives:
1. Examine large or super-sized portions.
2. Explore the sugar and/or fat quantities found in these portions.

Age:
10 years and older.

Length:
Approximately 30 to 60 minutes. The length depends on if samples are purchased ahead or if the group walks around town to find them. If a convenience store and fast food restaurant are not within walking distance, items need to be purchased ahead.

Supplies and Materials:
1. Samples of outrageous portions sold as individual items. These can be purchased ahead of time or purchased by each group after walking to the store or restaurant (need cash on hand). The following are suggested:
   * from a fast food restaurant – a small and super-sized portion of French Fries
   * from a convenience store –
     - bag of chips
     - monster-sized cookie
     - huge packaged muffin
     - mega-sized soft-drink container, full with no ice (64 ounces)
     - large candy bar
     - microwave popcorn bag (pop before leaving store) or large bag already popped

2. Task sheets.

3. Six 12-ounce paper cups to be used with the soft drinks.

4. Two boxes of 4-gram sugar cubes for soft drink, candy bar, cookie, and muffin.

5. Shortening, measuring spoons, and clear sandwich-sized plastic bags for French Fries, potato chips, popcorn, candy bar, cookie, and muffin. Helpful hint: have groups measure the shortening into plastic bags to reduce clean up. The bag can be used to remove the shortening from the measuring spoon.

6. One-cup measuring cup for popcorn.

7. A supply of paper plates.
Special Considerations:

*Wheelchair-Bound Participants:* If the group is walking, check ahead to be sure the store and restaurant are wheelchair accessible. Ask person if they would like assistance or would prefer to wheel themselves.

*Reading and Math Assistance:* Assign one adult or an older teen to help each group complete the tasks.

Activity Directions:

1. Divide participants into groups of 3 or 4. Distribute the task sheets and assign one of the seven items to find and analyze. If possible, assign one adult or an older teen to work with each group.

2. Instruct each group to find the item on their sheet. If within walking distance, groups can walk to the convenience store and fast food restaurant. Ask an adult to walk with each group and handle the cash needed to purchase the items. If items are purchased ahead, have them scattered around the area for the groups to find.

3. Have a supply table for groups to pick up paper plates, cups, bags, etc.

4. Allow time for each group to complete the tasks on their sheets.

5. Ask each group to share their findings with everyone else. Ask what was most interesting and/or surprising thing they observed.

Take Home Tidbit

Take home slip says the following:

“Ask me what I learned about huge servings in our portion scavenger hunt during the WIN Kids Fun Day.”


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