



UNIVERSITY  
OF WYOMING  
Cooperative Extension Service  
Family & Consumer Sciences



## Tiny Bites: What Difference Could They Make?

### Lesson Plan

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#### **Learner Objective**

As a result of this presentation, participants will

- ◆ Appreciate how small “extra” amounts of food can add significant calories

#### **What You Need**

- ◆ Handouts:
  - “Tiny Bites: What Difference Could They Make?”
  - Participant evaluation form
- ◆ Transparency or flipchart page with the blanks to be filled in from the handout
- ◆ Overhead projector (if you use the transparency)
- ◆ Markers – non-permanent for use on transparency; any type for use on flipchart
- ◆ Optional:
  - Food packages, food models, photos, measuring cups and spoons to hold up with the food items:
    - orange juice ( $\frac{1}{4}$  cup)
    - granola (2 Tablespoons)
    - cream substitute (2 teaspoons)
    - cake (small sample + sliver)
    - mayonnaise (on burger)
    - mints (3-4 total)
    - chocolate kisses (2 pieces)
    - peanuts (handful)
    - cheese on cracker (1)
    - macaroni and cheese (2 Tablespoons +  $\frac{1}{4}$  cup)
  - Prize to give to the person with the closest correct estimate of total calories from all the extra tiny bites.

Time	Content / Suggestions	Learning Reinforcer
3-5 min.	Introduce the activity in terms of the following: <i>Do you ever hear (or perhaps say!) things like this:</i> - “I never eat between meals.” - “I rarely have dessert.” - “Almost everything I eat is low fat.” ...often followed by, “So why am I still gaining weight?”	
5-15 min.	Distribute handouts. With audience involvement and discussion, go through the sheet, writing the calories for each bite on the transparency or flipchart paper as follows: <ul style="list-style-type: none"> <li>• orange juice (¼ cup) = 26 Calories</li> <li>• granola (2 Tbsp.) = 64 Calories</li> <li>• cream substitute (2 tsp.) = 20 Calories</li> <li>• cake (small sample + sliver) = 73 Calories</li> <li>• mayonnaise (on burger) = 100 Calories</li> <li>• mints (3-4 total) = 20 Calories</li> <li>• chocolate kiss (1 piece) = 25 Calories</li> <li>• peanuts (handful) = 105 Calories</li> <li>• cheese on cracker (1) = 55 Calories</li> <li>• macaroni and cheese (2 Tbsp.) = 54 Calories</li> <li>• macaroni and cheese (¼ cup) = 108 Calories</li> </ul> Total = 675 Calories	<u>Handout:</u> “Tiny Bites...”  Transparency or flipchart  <u>Optional props:</u> As listed under “What you need,” use models, packages, etc. with each item discussed.
5-10 min.	Invite audience to share other examples of “tiny bites” that they have found are easy to eat and easy to overlook. Answer any additional questions.  Optional: Present prize for winner of tiny bites calorie estimate.  Questions/wrap-up/evaluation.  <u>Reinforce the bottom line:</u> <i>If you’ve been adding “mystery” pounds, consider counting the extra calories in your “tiny” bites.</i>	Optional prize  Evaluation form

Lesson plan and handout based on “Tiny Bites Total Big Calories,” developed by Alice Henneman, MS, RD, LMNT, and published in *FoodTalk* E-Mail Newsletter, August 1997, University of Nebraska Cooperative Extension in Lancaster, <http://www.ianr.unl.edu/ianr/lanco/family/FoodTalk.htm>.

Adapted by Suzy Pelican for *Small Victories*, a mini-lesson series promoting positive food, physical activity, and body image attitudes and behaviors. *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) 0203; slightly revised 0706

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