Tiny Bites: What Difference Could They Make?
Lesson Plan

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 (¼ 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 + ¼ cup)
  › Prize to give to the person with the closest correct estimate of total calories from all the extra tiny bites.
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| 3-5 min.   | Introduce the activity in terms of the following: *Do you ever hear (or perhaps say!) things like this:*  
- “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:  
- orange juice (¼ cup) = 26 Calories  
- granola (2 Tbsp.) = 64 Calories  
- cream substitute (2 tsp.) = 20 Calories  
- cake (small sample + sliver) = 73 Calories  
- mayonnaise (on burger) = 100 Calories  
- mints (3-4 total) = 20 Calories  
- chocolate kiss (1 piece) = 25 Calories  
- peanuts (handful) = 105 Calories  
- cheese on cracker (1) = 55 Calories  
- macaroni and cheese (2 Tbsp.) = 54 Calories  
- macaroni and cheese (¼ cup) = 108 Calories  
Total = 675 Calories | Handout: “Tiny Bites...”  
Transparency or flipchart  
Optional props: 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.  
**Reinforce the bottom line:** If you’ve been adding “mystery” pounds, consider counting the extra calories in your “tiny” bites. | Optional prize  
Evaluation form |


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 0203; slightly revised 0706

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