

# Lesson #6: Just Say Yes to... Healthy Portion Sizes!

## Lesson Materials

- Giant flip pad & markers (optional)
- *Portion Distortion* poster (optional)
- *MyPyramid* mini-poster
- Cardboard food models
- Assorted measuring cups
- Foods for group to measure
- Ingredients and supplies to prepare and serve JSY recipe

## Duration of Lesson

Welcome:	2 minutes
Icebreaker:	5 minutes
Introduction:	10 minutes
Activity 1:	15 minutes
Activity 2:	15 minutes
Recipe:	20-40 minutes
Closing:	5 minutes

## Take Home Items

- Getting a *Handle* on Portions handout (San Francisco WIC)
- *What Counts as a Cup* handout (*Loving Your Family...Feeding Their Future*)
- JSY recipe
- JSY incentive

## To Find Out More

- [www.mypyramid.gov](http://www.mypyramid.gov)
- *Loving Your Family...Feeding Their Future* USDA curriculum
- NIH Publication No. 03-5287 *Just Enough for You*
- *Portion Distortion* University of Nebraska Extension (<http://lancaster.unl.edu/food>)

## Objectives

At the completion of the workshop, participants will be able to:

- Define the benefits of practicing portion control.
- Identify *MyPyramid* recommended adult portions for at least 2 food groups.
- Use simple techniques to estimate portion sizes.

## Welcome

- Greet participants as they enter workshop area.
- Introduce yourself and JSY program.
- Explain what the workshop will be about and how long it will take.
- Define workshop ground rules:
  - This is a safe learning environment.
  - No one will be called on. Participants have a "voice by choice."
  - Please stay until the end, complete survey and receive incentive.

## Icebreaker

- Ask participants to think about the following question; "How do you figure out how much you should eat?" Do they do anything differently when they eat certain meals, when they eat out, or when they're snacking?
- Have participants pair up and talk to their partner about the different ways they figure out how much to eat. Have each pair brainstorm reasons why it might be helpful to know about healthy portion sizes.
- Invite participants to share with the whole group the different ways they figure out how much to eat and some benefits of knowing healthy portion sizes.

## Introduction

- Summarize the thoughts the group shared during the Icebreaker. Some possible responses for ways they are currently determining portion sizes might be:
  - Eat all of what is in a package
  - Eat what is served by restaurant/fast food place
  - Fill their bowl/plate
  - Stop eating when they are full
- Some possible benefits of knowing proper portion sizes might include:
  - Maintain a healthy weight
  - Stay within a food budget
  - Eat a balanced diet
- Tell participants that portion sizes for many packaged foods, snacks, and fast food have grown over the years.
- Use food models, pictures from *Portion Distortion* resources, or a *Portion Distortion* poster to illustrate how over-sized portions can add empty calories to our diets and make it difficult for us to know how to eat a balanced diet for ourselves or serve a balanced diet to our families.

### MyPyramid Portions (Activity 1)

- Share with group that current adult *MyPyramid* recommendations call for about 5 cups of fruits and vegetables every day (2 cups of fruits, 3 cups of vegetables).
- To highlight how 5 cups of fruits and vegetables fit into the overall daily diet, display a *MyPyramid* poster or mini-poster and review the 2,000 calorie diet.
- Distribute *What Counts as a Cup* handout to the group and review. If possible, use actual food or food models to illustrate fruit and vegetable portion sizes.
- Invite participants to call out whether they think they are meeting recommendations for fruits and veggies. If not, how could they change their meals to include 5 cups of fruits and vegetables?
- If time allows, illustrate recommended amounts for other food groups as well.

### Take Away Task

- Invite participants to share with the group or write down one change they will make to their portion sizes this week.

### Estimating Portion Sizes (Activity 2)

- Tell the group there are easy ways to know if you are getting a healthy portion:
- Distribute *Getting a Handle on Portions* and review portion sizes using your hand.
- Review healthy portions of various types of foods by showing the group measuring cups and food models.
- Show the group typical glasses, bowls and plates to illustrate that often they are larger than recommended portion sizes.
- Ask the group to pair up. Have participants practice estimating portion sizes with their partner. Participants can pour water into various size glasses and then measure using a measuring cup or practice portioning dry cereal into different size bowls, etc.
- Gather the group back together and invite participants' feedback.

### Take Away Task

- Invite participants to share with the group or write down which techniques for estimating portion sizes they are going to try this week.

## Lesson #6: Just Say Yes to...Healthy Portion Sizes, continued

### Demonstrate a JSY Recipe

- Announce JSY allergy disclaimer.
- Discuss all steps in preparation.
- Explain how to select and store the fruit or vegetable used in the recipe.
- Offer samples to participants.

### Suggested Recipe Talking Points

- Point out that all JSY recipes provide at least a half cup of fruit and/or vegetable per serving.
- Call attention to the number of servings listed at the bottom of the recipe. Portion out a full sized serving to illustrate.
- Ask participants if or how they might change this recipe at home for their families.

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### Closing

- Summarize key points in lesson.
- Ask participants, "What are your questions?"
- Distribute JSY Surveys. Assist participants with completion, if needed.
- Give a JSY Nutrition Education Incentive to each participant as they hand in their survey.
- Thank participants.

Clean and pack up workshop space.