

# Portions & Servings

## Introduction to Portions and Servings

### What are Portion and Serving Sizes?

- Understand the difference between portion sizes and serving sizes.
  - Visual aids (posters, slides), measuring cups and spoons
  - Activities:
    - Explain the concepts of portion sizes (the amount of food you choose to eat) and serving sizes (standardized amount recommended).
    - Show examples of common portion sizes and compare them to recommended serving sizes using measuring tools.

### Reading Nutrition Labels

- Learn how to read nutrition labels to determine serving sizes
- Food packages, sample nutrition labels
  - Explain how to find serving size information on nutrition labels.
  - Practice reading nutrition labels to identify serving sizes and compare them to typical portions eaten.

## Serving Sizes for Different Food Groups

### Serving Sizes for Fruits and Vegetables

- Learn recommended serving sizes for fruits and vegetables.
- Fruits and vegetables, serving size charts
  - Discussion: Explain the importance of eating fruits and vegetables and their recommended serving sizes.
  - Examples: one medium fruit, 1 cup of raw vegetables



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## Serving Sizes for Grains and Proteins

- Learn recommended serving sizes for grains and protein.
- Examples of grains and protein foods, serving size charts
- Explain the importance of grains and proteins and their recommended serving sizes.
  - Examples (e.g., 1 slice of bread, 3 oz. of meat) to demonstrate serving sizes.

## Visualizing Portion Sizes

- Develop skills to estimate portion sizes using everyday objects.
- Everyday objects (e.g., tennis ball, deck of cards), food models
  - Explain how everyday objects can help visualize portion sizes (e.g., a tennis ball for 1 cup, a deck of cards for 3 oz. of meat).
  - Practice estimating portion sizes using food models and everyday objects.

## Portion Control and Healthy Eating Habits

- Learn strategies for portion control and developing healthy eating habits.
- Plates, bowls, food models
- Talk about the importance of portion control and strategies (e.g., using smaller plates, mindful eating).



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