

# Grades 3-6 Educator's Guide

## Kids' Topic 18: Portion Savvy



### Captivate



### Educate



### Activate

#### Session 1 Portion Distortion

##### Creature Feature

- Read aloud the story of Goldielochness Monster and her friends.
- Match each of the creatures to the best portion size for it's body:
  - Camel Rat - Thimble
  - Seabear - Wading Pool
  - Giraffe Boy - Plate

##### Choose Healthy FOOD

- Remind students that healthy foods, like fruits, vegetables, milk, and water are fuel for their bodies and power their brains.
- Tell students it is just as important to know how much to eat as is to know what to eat.
- Explain that a healthy portion is the right amount of food for their bodies.

##### Your FOOD Choices

- Ask students to survey friends and family members of different ages to compare the sizes of different foods through the years.
- Ask them to be ready to discuss what they learned about portion sizes from family members.
- *Note: Many prepackaged foods have gotten larger over the years. See [Avoid Portion Distortion on WebMD.com](#).*

#### Session 2 Your Portion, Your Choice

##### Portion Potion

- Read the Rusty and Trusty story aloud.
- Explain that Rusty and Trusty chose portions that were too large or too small, and the portion potion transformed the food into the right-sized portions for their bodies.

##### A Pleasing Portion

- Help students understand healthy portions by walking them through the [Portion Tools](#).
- Explain that recalling the size of common objects or looking at the size of their hands are great ways to pick a healthy portion.

##### It's Your Choice

- Print out the [Portion Tools](#) handout and cut out the individual pieces.
- Ask students to match the different foods to their portions.

#### Session 3 Pondering Portions

##### Pick a Portion

- Ask the students to choose the healthy portion of the pictured food:
  - An entire carton of milk or a glass of milk
  - Three pieces of cheese or a bowl of cheese
  - A slice of bread or an entire loaf

##### Meals

- Watch the Chef Lizzie video to learn more about choosing healthy portions at meal time.
- Explain that MyPlate is a good model to follow when building your plate.
- Remind students that a healthy portion is the right amount for their bodies...not what fills up the plate!

##### Your Plate

- Students plan their next meal using the [MyPlate](#) handout.
- Encourage them to use the [Portion Tools](#) as a guide.

#### Session 4 Size It Right

##### You Wouldn't...Would You?

- Read aloud the silly scenarios.
- Ask students if an entire box of cookies or an entire bag of chips is a good portion size.

##### Size Your Snacks

- Tell students that eating directly from the bag or box can make them overeat.
- Instead of eating from the box or bag, set aside a healthy portion on a plate or bowl before eating.

##### Snack Choices

- Ask students to think about their snacks.
  - *Do you eat from the bag or box?*
  - *How much to you eat?*
- Students write or draw portion size reminder notes to place on snack foods.

#### Session 5 Portion Connection

##### Picture a Portion

- Read aloud the portion questions and ask students to guess which portion is correct.
  - Only 10 French fries make up a healthy portion.
  - One pancake is the best portion for your body.
  - Only one slice of pizza is in a healthy portion.

##### The Portion Partnership

- Explain that portion choices affect other *fit* choices.
  - Portions that are too large leave you too full and saying "I Won't."
  - Small portions don't give you the fuel your body needs to perform at its best.
  - Unhealthy portions don't give your body the nutrition it needs to grow and think.

##### Pick a Perfect Portion

- Students fill out the [Pick a Perfect Portion](#) handout with their favorite foods and the healthy portion size of each one.
- Ask students to take the handout home and hang it in their kitchen as a reminder.

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## Kids' Topic 18: Portion Savvy



**Prior Knowledge:** FOOD is fuel to power the body and brain. The best fuel is healthy food such as fruits, vegetables, water, and milk. Avoiding foods and drinks high in sugar and other unhealthy ingredients is an important part of thinking your FOOD. Students will learn how choosing the correct amount of FOOD is also a necessary step to being a healthy, *fit* kid.

**Objectives:** Students will be able to:

- Identify FOOD as fuel for a healthy body and brain.
- Describe a *portion* as “the right amount of food for your body.”
- Relate real objects and hands to portion sizes.

### Checks for Understanding and Readiness to Make Healthy Choices

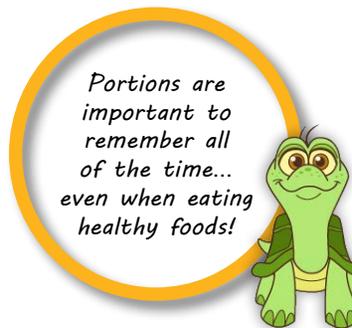
**Session 1:** A \_\_\_\_\_ is the right amount of food for your body. (*Portion*)

**Session 2:** How can you choose your portions? (*By remembering the portion tools using common objects & hands*)

**Session 3:** How do you think your FOOD at meal time? (*Listen for answers that use MyPlate and portion control.*)

**Session 4:** How will you pick your snack portions? (*Refer to portion tools*)

**Session 5:** How will you choose a healthy portion? (*Listen for answers that use MyPlate and portion tools.*)



### fit Tip:

Choosing a healthy portion for some meals can be difficult. Servings of soup and pot pies should be about the size of a baseball, while chicken pasta or a hamburger should be about the size of a deck of cards. Find more healthy portions at [WebMD.com](http://WebMD.com).

**Family Message:** Your child knows FOOD is fuel for their body and brain, and that choosing fruits, vegetables, milk, and water are healthy food choices. They are learning that choosing a healthy portion is just as important as choosing healthy foods. Eat too much or too little, and you can't perform your best. Your child will be able to remember what a healthy portion is by recalling common objects or looking at their own hands.

Learn more about *fit* and healthy portion sizes on [fit.webmd.com](http://fit.webmd.com) and [webmd.com/parenting/raising-fit-kids](http://webmd.com/parenting/raising-fit-kids).

### National Health Education Standards

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
3. Students will demonstrate the ability to access valid information, products, and services to enhance health.
4. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
5. Students will demonstrate the ability to use decision-making skills to enhance health.
6. Students will demonstrate the ability to use goal-setting skills to enhance health.
7. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

### Common Core Alignment

| ELA/Literacy           | Grade 3  | Grade 4  | Grade 5  | Grade 6   |
|------------------------|--|--|--|---|
| Speaking and Listening | SL.3.1 SL.3.2<br>SL.3.3 SL.3.4<br>SL.3.5 SL.3.6                  | SL.4.1 SL.4.2<br>SL.4.3 SL.4.4<br>SL.4.5 SL.4.6                  | SL.5.1 SL.5.2<br>SL.5.3 SL.5.4<br>SL.5.5 SL.5.6                  | SL.6.1 SL.6.2<br>SL.6.3 SL.6.4<br>SL.6.5 SL.6.6 |
| Informational Text     | RI.3.1 RI.3.2<br>RI.3.3 RI.3.4<br>RI.3.6 RI.3.7<br>RI.3.8 RI.3.9 | RI.4.1 RI.4.2<br>RI.4.3 RI.4.4<br>RI.4.5 RI.4.6<br>RI.4.7 RI.4.8 | RI.5.1 RI.5.2<br>RI.5.3 RI.5.4<br>RI.5.5 RI.5.6<br>RI.5.7 RI.5.8 | RI.5.9  |
| Literature             | RL.3.1 RL.3.3<br>RL.3.6 RL.3.7                                   | RL.4.3 RL.4.9  | RL.5.1   |   |

### Student Materials:

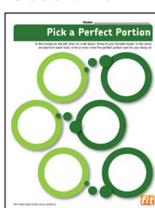
Session 2



Session 3



Session 5



### Related fit Links from fit.webmd.com

#### Quizzes:

- [Is Your Snack Supersized?](#)
- [How to Survive an Attack of the Mega Portions](#)

#### Games:

- [MyPlate Blast Off Game](#)

#### Articles and Activities:

- [Make Your Plate Puzzle](#)
- [Portion Size Guide for Your Wallet](#)
- [Portion Size Guide](#)
- [Healthy Foods Chart](#)
- [How Much to Feed Kids 4 to 8](#)
- [Portion Distortion: Drink Sizes](#)