

Building Blocks
Healthy Eating, Physical Activity, and Oral Health
A Lesson Plan Module for Teachers
Junior Kindergarten – Grade 6

Healthy Eating
Grade 4
Lesson 4

Lesson 4 – What’s the Serving Size and Serving Size Stumpers

Curriculum Expectations:

Students will analyse, over a period of time, their own food selections, including food purchases (e.g., “everyday food” versus “sometimes food”) and determine whether or not they are healthy choices.

Objectives:

Students will learn about how to analyze serving sizes.

Suggested Outline

Section 1: Introduce Today’s Lesson

Section 2: Discussion/Background Information

Section 3: Activity #1 and Activity #2

Section 4: Conclusion

Section 1: Introduce Today’s Lesson

Today we will learn about how to analyse serving sizes by completing two activity sheets.

Section 2: Discussion/Background Information

Recommended Number of Servings

The amount of food needed every day from the four food groups and Other Foods category depends on age, body size, activity level, gender, how fast a child is growing, and if a woman is pregnant or breastfeeding. That is why the *Food Guide* gives a lower and higher number of servings for each food group. The four arcs of the rainbow reflect the relative number of servings that people need from each food group. For example, people need to eat lots of servings from the Grain Products group, the largest arc, while only a few servings from the Meat & Alternatives group, the smallest arc.



Food Group Recommended Number Of Servings

Grain Products: 5-12; Vegetables & Fruit: 5-10; Meat & Alternatives 2-3; Milk Products: 2-4 (4-9 years 2-3; 10-16 years 3-4; Adults 2-4; Pregnant & Breastfeeding 3-4).

It may seem as if the number of servings of Grain Products and Vegetables & Fruit is very high. Keep in mind, however, that the *Food Guide* refers to serving sizes that are not large. For example, a cup of cooked spaghetti, a bagel and a hamburger bun each count as two servings of Grain Products. A 250 mL juice box counts as two servings of Vegetables & Fruit. All children are different, lead different lives and have different energy needs. As a general rule, if children eat according to their appetites and choose foods from the four food groups, over time they will get the nourishment they need. Generally, girls between seven and nine years old have about the same energy needs as adult women. They will tend to choose the lower to middle number of servings. Girls ten to twelve and boys seven to twelve need more energy and are more likely to eat more servings.

Serving Sizes

The size of a serving usually eaten is determined by the size of the bowl or plate, appetite and other factors. This serving size or portion has nothing to do with the *Canada's Food Guide to Healthy Eating* serving size. The bar side of the *Food Guide* explains serving sizes for the different foods. For example, in Grain Products, one slice of bread equals one serving, while one bagel, pita or bun equals two servings. The size of servings can vary within the Meat & Alternatives group. For example, 50-100 grams of meat, poultry or fish equals one serving. That way, a young child may choose a smaller portion size while an adult may choose a larger portion size to get one serving.

Bring in some sample foods to provide a visual representation of *Canada's Food Guide to Healthy Eating* serving sizes (see Glossary and Background Information). Invite students to bring in sample foods commonly used at home. If you are unable to bring in sample foods, try using common household items to represent foods (see below).

Sample Food Ideas:

1 bagel	2 servings of Grain Products
500 mL pasta (cooked)	4 servings of Grain Products
1 medium apple, banana, orange	1 serving of Vegetables & Fruit
1 juice box (250 mL)	2 servings of Vegetables & Fruit
1 small yogurt (175 mL)	1 serving of Milk Products
2 processed cheese slices	1 serving of Milk Products
125 mL beans/lentils (cooked)	1 serving of Meat & Alternatives

Sample Household Items that Represent Food Serving Sizes:

32 pieces of string 32 cm long	represents	1 serving of cooked spaghetti
125 mL of bingo chips	represents	1 serving of cooked vegetables
250 mL sand	represents	1 serving of milk
1 deck of cards	represents	1 serving of cooked meat

Section 3: Activity #1 What's the Serving Size

Instruct students to guess the serving size and food group for each food and then have them check their answers with *Canada's Food Guide to Healthy Eating*.

Activity #2 Serving Size Stumpers

Using the *Canada's Food Guide to Healthy Eating* tearsheets, have students complete the *Serving Size Stumpers* activity sheet.

Section 4: Conclusion

Answers to *Serving Size Stumpers* activity sheet:

1. 3 servings of Meat & Alternatives
2. 3 servings of Milk Products
3. 16 servings of Grain Products
4. 9 servings of Vegetables & Fruit

Today we learned about how to analyze serving sizes by completing two activity sheets.