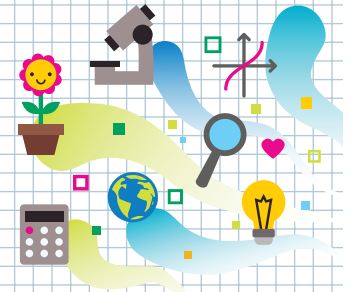




# HEADS IN, HEARTS IN

## Size Matters

### Instructions for Set-Up



### Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- 4–6 plates, bowls and cups in varying sizes
- 2–4 boxes of cereal or pasta noodles
- 2–4 sets of  $\frac{1}{4}$  cup,  $\frac{1}{2}$  cup,  $\frac{3}{4}$  cup and 1 cup measuring tools
- U.S. Food and Drug Administration “Food Facts” Handout (1 per participant) (available at <https://www.fda.gov/downloads/Food/LabelingNutrition/UCM537178.pdf>)
- Display table

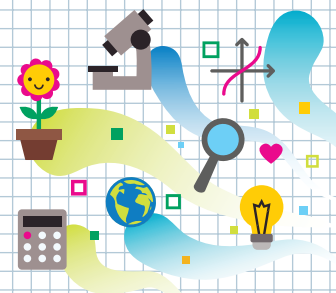
### Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Arrange the different plates, bowls and cups on the table.
- ▶ Open the cereal and pasta boxes, and place them on the table.
- ▶ Print out “Food Facts” and place on the table.





# HEADS IN, HEARTS IN



## Size Matters Guide for Families

### Learning Objectives

#### What you need to know:

Serving sizes matter! Serving size is based on the amount of food that is customarily eaten at one time –not a recommendation of how much to eat. The Nutrition Facts label provides serving sizes for all food. You should know what a serving size is and how to measure it. You should also recognize that serving sizes will vary.

#### What you will do and learn:

You will learn that you can find serving sizes on Nutrition Facts labels. You will also learn that the serving dish we use often gives a misperception for how much food we should eat.

### Instructions

1. Choose a bowl or plate.
2. Choose a cereal or pasta.
3. Pour into your bowl or plate the serving that you would make for yourself if you were at home.
4. Now look at the Nutrition Fact label and find the serving size.
5. Pour the cereal or pasta back into the box.
6. Now measure the correct amount of one serving of that cereal or pasta.
7. Did you pour more into your bowl when you didn't measure? Was it a lot more? What can you do at home to consider serving sizes and the size of dish you use to eat?