

### Lesson 3: Amounts and Serving Size

#### Nutrition Objectives:

1. Students will be able to state that they should try to eat 2 cups of fruit and 2 cups of vegetables every day.
2. Students will be able to identify a portion of fruits or vegetables and estimate the number of cups it is equal to.

#### Supplies/Materials:

- Yummy Fruit and Vegetable Serving Size Sheet (one for each student)
- What Counts as One Cup of Fruit? (reference sheet for teacher)
- What Counts as One Cup of Vegetables? (reference sheet for teacher)
- Measuring cup
- My Fruit and Veggie Diary (one for each student)
- Fruit and Vegetable Reading Passages (four passages each for students)
- Power Search word search (one for each student)
- MyPlate poster

#### Lesson:

**Ask?** Can anyone name one of the food groups that we learned about last time? (Show the MyPlate poster and have the children name all 5 food groups.)

**Say?** Remember that it is important to eat foods from all five food groups every day, especially fruits and vegetables.

**Ask?** Has anyone tried a new fruit or vegetable this week?

**Ask?** What fruit or vegetable did you try?

**Ask?** Did you like it?

**Say?** Today we are practicing how to estimate what counts as a cup of fruit and vegetables.

**Ask?** How many cups of fruit do you think kids your age should eat every day? (*at least 2 cups*)

**Ask?** How many cups of vegetables do you think kids your age should eat every day? (*at least 2 cups*)

- Show students measuring cups.

**Say?** You should try to have **at least FOUR cups of fruits and vegetables** every day (2 cups of each).

**Ask?** What do the words “at least” mean? (*It’s the minimum amount.*)

**Ask?** Can you have more? (*yes*)

- Distribute Yummy Fruit and Vegetable Serving Size handout.
  - Review the fruit servings sizes:
    - 1 cup of fruit= size of a tennis ball= 1 small apple
    - ½ cup of fruit= size of a small computer mouse= 16 grapes
    - ½ cup of fruit received as a snack in school=size of a small computer mouse



**Say** You need the amount of servings that add up to 2 cups of fruit per day. Notice that some servings are 1 cup and some are half a cup so think about fractions when you do this.

- Review the vegetable serving sizes:
  - 1 cup of vegetables=size of a baseball= 1 cup broccoli
  - $\frac{1}{2}$  cup of vegetables= size of small computer mouse= 6 baby carrots
  - $\frac{1}{2}$  cup of vegetables received as a snack in school= size of small computer mouse

**Ask** How many servings this size will it take to = 2 cups of veggies which you should eat every day? (3, because the serving size for broccoli is one cup and the two others are half cup servings)

**Ask** Looking at the pictures of the fruits, how can you eat 2 cups per day? (Have the apple (1 cup) and double the amount of grapes to make another cup; it would be 32 grapes.)

**Ask** Looking at the pictures of the vegetables, how can you eat 2 cups per day? (Eat the broccoli (1 cup) and double the amount of baby carrots to make another cup; it would be 12 baby carrots.)

**Say** Take a look at today's fruit or vegetable snack. Have students estimate the serving size of the snack. Compare it to the size of a tennis ball and a computer mouse.

**Say** Notice how these fruits and vegetables are all different colors. We'll be talking about why that's important next week.

### **Activity #1: Fruit and Vegetable Diary**

Follow the directions on the paper. Have students record how many fruits and vegetables they eat each day for 2 days. Did the children eat 2 cups of fruit and 2 cups of vegetables each day?

### **Activity #2: Fruit and Vegetable Reading Passages (Curriculum Connection/Language Arts)**

Assign any or all of the four reading passages (Citrus Fruits, Pears, Root Vegetables and Salad Greens) and ask the students to answer the questions in complete sentences.

**Activity #3: Power Search** Have the students complete the Power Search word search.