

Lesson 3: Amounts and Serving Size

Nutrition Objectives:

1. Students will be able to state that they should 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 cup.

Say→ You should 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

(continued)

Say→ You need the amount of servings that add up to 2 cups of fruit per day. Please 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
 - ½ cup of vegetables= size of small computer mouse= 6 baby carrots
 - ½ 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.