Using Everyday Objects for Healthy Portion Sizes

Health Promotion and Nutrition Lesson Plan
Developed by Sarah Topps (April 2014)

Materials: Computer, Projector, Lesson Plan, Playing Cards, Matchbox

Time: 10 minutes

Keywords: nutrition, Canada Food Guide, portion sizes, experiential learning

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Bridge:
Show the old Canada Food Guide – are you surprised by what you see?
There are some healthy food groups that stay the same, such as vegetables. Many foods are good for you, as long as they are eaten <u>in moderation</u>.

Objective:
By the end of this lesson, you will be able to use every day objects to quickly judge how big your portion sizes of different foods should be. We will be using the current Canada Food Guide for categories.

Pre-Assessment:
Who can tell me what the four categories are?
How much should we be eating of each category?

Participatory Learning:
Think-Pair-Share: Think of one food in each category that you enjoy eating. Share.

- Fruits & Veggies = easy: if you live an active lifestyle, eat as many as you like!
- Describe the number of portions for each of the other categories. __ - __ - __
- The portions are not the same size, however we can use everyday objects to demonstrate them. (***Beware portion-distortion!)***

*Pass around the objects

Post-Assessment:
Now, who can tell me the size of a standard serving of meat or protein?
How many servings should you have in a day?
How many servings of veggies can you have?

Summary: I hope you all feel more familiar with the Canada Food Guide and feel that you have learned an easy way to use it in your day-to-day life.

Thank you for your attention. Any questions?