IN PROPORTION

OBJECTIVE: To have students understand how big serving sizes should be.

MATERIALS:
1 matchbook
1 tennis ball
1 deck of cards or bar of soap
1 blank compact disk
4 dice
1 computer mouse
1 ping pong ball
1 hockey puck
PROCEDURE:
1. Spread out materials on a table or desk.
2. Ask the students to guess which item is closest in size to the foods listed below:
   - 3 oz. of fish or chicken = deck of cards or bar of soap
   - 2 tablespoons of peanut butter = a ping pong ball
   - 1 oz. of meat = 1 matchbook
   - 1 oz. of cheese = 4 dice
   - Medium potato = a computer mouse
   - Bagel = hockey puck
   - ½ cup of pasta = tennis ball
   - 1 cup of vegetables = a compact disk

WHAT HAPPENED
When people look at a serving size on nutritional information grids, measurements like 8 oz., ½ cup, or 2 tablespoons may not mean a lot to them. This activity shows the students a method of estimating serving size.