

Serving Match-up Activity

Materials Needed:

Everyday items (enough for each group to have one):

- CD
- Cupcake wrapper
- Tennis ball
- Golf ball
- Three dice
- Ping pong ball
- Deck of cards

Recognizing Portion Sizes PowerPoint

Instructions:

Divide the students into groups of two or four.

Provide examples of everyday items at each table; a variation could be to give each group one everyday item each.

Explain to the students that you will be showing them pictures of different foods. Their job is to choose the correct everyday object that represents a serving of the food shown. If every group has all of the everyday items – have one leader in each group stand up with the everyday item in their hand that corresponds to the serving of the food item showing. If each group has one everyday item – have one leader in the group stand up with the everyday item they think corresponds to a serving of the food item showing.

Ask students what size serving each item represents.

Repeat with each food item.

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Answers:

- Pancake = CD
- Rice = cupcake wrapper (1/2 cup)
- Apple = tennis ball (1 cup/medium piece of fruit)
- Raisins = golf ball (1/4 cup)
- Broccoli = cupcake wrapper (1/2 cup)
- Cereal = tennis ball (1 cup)
- Cheese = three dice (1 ½ oz.)
- Peanut Butter = ping pong ball (2 Tablespoons)
- Yogurt = tennis ball (1 cup)
- Chicken Breast = deck of cards (3 oz.)
- Salad Greens = tennis ball (1 cup)
- Fruit Cocktail = cupcake wrapper (1/2 cup)
- Baked Potato = tennis ball (1 cup)