

# CHECK LIST

## Lesson #3: Filling Up – What is a Serving Size?

### 1. Script

### 2. Props

- 20 ounce sports drink bottle
- 8 ounce measuring cup
- Whole medium-size apple
- Tennis ball
- Large bag of snack chips

### 3. Handouts

#### For students:

- Two-sided sheet for in-class activity; side 1 – serving size activity, side 2 – barbeque activity
- Three-section paper plate worksheet

#### For parents:

- Grill Me About

#### For teacher:

- Teacher packet

### 4. Optional Food Sample

- Food preparation instructions
- Serving supplies