



Dear Teacher:

GrowingGreat Lesson #3

Today’s lesson is “Filling Up – What is a Serving Size?” Your GrowingGreat Docent will lead students through an interactive lesson designed to teach them the importance of appropriate serving sizes for commonly eaten foods and how to identify them. All students will receive a “Grill Me About” handout to take home to their parents or it will be sent home via email.

Your packet includes:

- An **outline** of the lesson for you to follow with the Docent recommended reading on the back
- **“Serving Size Activity”** an optional activity you may offer to the students as extra credit. This activity is designed to reinforce what the students learned today and to get the whole family involved in making higher-quality choices
- A **survey** for your feedback, which you can return to _____

We hope you and your students enjoy this lesson.

Sincerely,

LESSON OUTLINE

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

Lesson Objective

Students will understand what a serving size is, how to identify appropriate serving sizes, and why they are important.

Classroom Lesson Outline

- 1. Introduction:** *2 minutes*
 - a. Review of high-quality foods
- 2. Main concepts:** *15 minutes*
 - a. Serving size activity
 - b. Defining a serving size
 - c. Demonstrate various serving sizes
 - i. Identify on a processed, packaged food
 - ii. Estimate with whole foods that are not found in packages.
- 3. Activity** *5 minutes*
 - a. Dinner Plate Activity – Fill out a three-section dinner plate with a variety of foods in appropriate serving sizes
- 4. Optional Food Sample** *5 minutes*
- 5. Review** *5 minutes*



Recommended Reading

- Eat How Much You Feel You Need -- NOT What You Are Served

California State Standards met by grade

3rd grade

Structural Features of Informational Materials

Use titles, tables of contents, chapter headings, glossaries, and indexes to locate information in text.

Students calculate and solve problems involving addition, subtraction, multiplication, and division.

4th grade

Students solve problems involving addition, subtraction, multiplication, and division of whole numbers and understand the relationships among the operations.

- 3.1 Demonstrate an understanding of, and the ability to use, standard algorithms for the addition and subtraction of multidigit numbers.

5th grade

Students use strategies, skills, and concepts in finding solutions.

Use estimation to verify the reasonableness of calculated results.