



Unit 5 Portions: Child Lesson

Hi boys and girls, it's Miss Shanita again.

Today we are going to talk about how much food we should eat for our bodies to stay healthy. When we eat, our plate shouldn't be too big but it shouldn't be too small either.

Let's try to think about the size of the plate we usually eat off of. Is it this size? (Large hula hoop shown)
No, this is too big.

If your plate is too big, you might take too much food and feel like you have eaten too much.

Is it this size? (Small paper shown) No this is too small. If your plate is too small, you might not have enough food and still feel hungry.

Is your plate usually this size? (Regular sized plate shown) Yes, this looks like a good size.

This plate gives you enough room to have the right amount or portions of each food group, to keep you healthy. If you've eaten what's on your plate, and you are still hungry, you can ask for more.

(My Plate shown) This plate has different sections or parts for each food group-fruits and vegetables, meat and protein-like chicken or beans, and whole grains like rice, potatoes or pasta.

The fruits go on the red section of the plate. Can you think of some fruits? How about grapes, pears or oranges?

The vegetables go on the green section of the plate. What are some vegetables that you enjoy? Carrots? Broccoli? Celery?

The meat, fish or beans go on the purple section of the plate. This would include chicken, turkey and black beans.

Lastly, the whole grains like pasta, potatoes or rice go on the orange section of the plate.

Did you know that we can use our hands to help us figure out how much of each food to eat? Can you hold your hands up like this? (hands spread out)

The width across all of your fingers shows the amount of fruits and vegetables you should eat.

What about meats like chicken or fish or beans? How much of your hand do you think should be for those foods?

Can you point to your palm? Your palm shows the amount you should eat of those foods.

What about whole grains like pasta, rice or potatoes?

Can you point to the palm on your other hand? That shows how much of the whole grains we should eat.



Who knew that our hands could be used to measure food?

If you have child-sized hands, then you should have child-sized portions of food.

If you have adult-sized hands, then you should have adult-sized portions of food.

Your hands hold the right portion for you and my hands hold the right portion for me!

Until next time see you later!