



## Portion Distortion



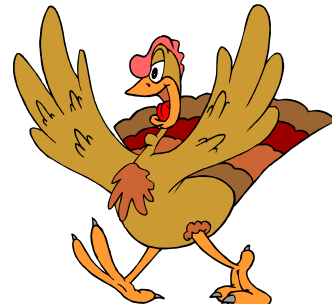
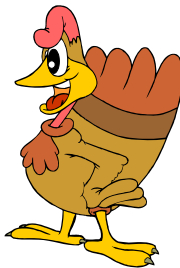
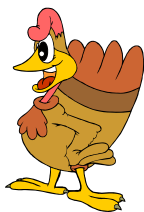
### PHYSICAL ACTIVITIES FOR THE CLASSROOM

#### I am thankful for . . .

- Students sit on chairs in a large circle and one student stands in the center of the circle. All chairs in the circle are occupied.
- The center student starts his statement with, "I am thankful for . . ." and then may end with anything he likes, (my dog, recess, toys, etc.).
- All students who agree with the statement must get up and move quickly to another chair. Students must move to a chair *not* to their immediate left or right.
- The last student standing may go to the center and make an "I am thankful for . . ." statement. This game can also be played using, "I like . . ." or "I am good at . . ."

#### Turkey Trot

- Arrange the class into two groups. Name the groups Turkeys and Pumpkins. Designate a "Safety Zone" for each team.
- Groups line up facing each other along a center line.
- The teacher calls out one of the group names.
- If Turkeys are called, the Turkeys turn around and run to their designated Safety Zone to avoid being tagged by the other group.
- If tagged, Turkeys must join the other group. If not tagged, Turkeys remain on the Turkey team.
- Students line up again and wait for the teacher to call out a group's name.





# Portion Distortion

## NUTRITION ACTIVITIES



### What's in a Serving?

#### Materials:

Paper bowls (one for each student)

Measuring cups

1-2 boxes of healthy cereal (Wheat Chex, Whole grain Cheerios, Kix)

- Give each student a bowl and allow them to pour the amount of cereal they would normally eat.
- Have students use measuring cups to measure the amount of cereal they poured into their individual bowls.
- Point out:
  - o On the Food Guide Pyramid, one serving of cereal is about 1 cup.
  - o The amount of cereal in their bowl is the portion size. If they poured 2 cups of cereal, there are 2 servings in the bowl.
  - o It is okay to eat more than one serving at a time, but you need to balance out the total number of servings you eat throughout the day.

\*A variety of food items could be used in this activity (fruit juices, fruit, vegetables, snack items, etc.)

Adapted from the MyPyramid.gov classroom activity materials.

### Create a healthful meal

- Go to [http://teamnutrition.usda.gov/Resources/mpk\\_poster2.pdf](http://teamnutrition.usda.gov/Resources/mpk_poster2.pdf) and print the advanced poster of the new My Pyramid for kids.
- Have students work in small groups to plan a healthy meal, choosing foods from each area of the pyramid.
- Students look in magazines for pictures of foods they chose for their meal, and then cut and paste them on to cardstock to make a menu.
- Students share menus with other groups.

