

"JUST RIGHT" PORTIONS MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)

HEALTH H CHALLENGE

Train your eyes to recognize when you eat a serving size.

ROLL CALL

Name a food you eat often and name an object that describes the portion size.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Munchy Mix

GIVE OUT FAMILY HANDOUTS

"'Just Right' Portions"

NUTRITIOUS SNACK

Munchy Mix (This activity helps members practice portion sizes.)



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.
- Remind members to bring an ingredient for the Munchy Mix (low-sugar cereals, nuts, dried fruits, seeds, whole-grain crackers, or pretzels). Be careful about food allergies.
- Bring a large bowl, spoon, drink, and cups. Oh – don’t forget soap and paper towels for handwashing.
- Bring objects to show the portion sizes on the Family Handout: golf ball, baseball, deck of cards, empty checkbook.

INSTANT ACTIVITY STEP BY STEP

MUNCHY MIX

• *Introduce the Topic*

- Have you ever seen cookies as big as your hand or a plate of spaghetti so big you can’t find the bottom?
- A reason waistlines have gotten big is because food portions have too.
- It’s easy to overeat without realizing it. Train your eyes to know healthy-size servings so you won’t overeat.



• *Have Fun – Make Munchy Mix*

- Everyone must wash hands thoroughly.
- Pour ingredients members brought into a large bowl. These may include low-sugar cereals, nuts, dry fruits, seeds, crackers, and pretzels. Mix.
- With a spoon, members put only the amount that fits in the palm of their hand. This is a right-size portion. Show members how this portion looks in a small bowl and how it looks in a large bowl.
- Drink cold, low-fat milk or water with the Munchy Mix.

• *Talk About It*

- What amount would you usually eat – more or less than a handful?
- Eating big portions? Do you need that much? How about smaller portions?
- Do you use small or large bowls and plates? Does it make a difference? Yes, you can trick your mind by using small bowls, plates, and glasses.
- Show the portion-size objects – deck of cards, etc.
- Would it matter if food is eaten from a bowl or straight from the package? Always put 1 portion in a bowl or on a plate. These tricks will help you control portions and not overeat.
- Always balance calories from food with physical activity.

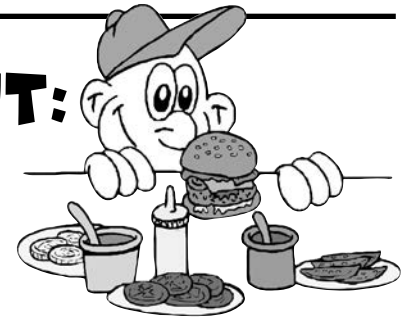
SUMMARIZE THE MAIN POINTS

1. Portions are any size you choose. “Right-size” portions are big enough to give the nutrients needed but small enough to keep a healthy weight.
2. The palm of your hand is a good guideline to use. When you eat a snack, use your hand or other familiar objects to judge 1 portion. Use your eyes to see that your portions are not “biggie size.” The trick is to learn what a proper serving is and be aware when a portion is too big.
3. Serving sizes are on Nutrition Facts labels on all food packages. Read labels. Compare these with how much you usually eat or drink.





FAMILY HEALTH HANDOUT: EATING HEALTHY "JUST RIGHT" PORTIONS



HEALTH H CHALLENGE

Train your eyes to recognize when you eat the right serving size.

HOW TO PRACTICE "RIGHT-SIZE" PORTIONS WHEN EATING OUT

Try these tips:

- Don't super size.
- Box up half of your order when you get your meal. Eat half; take the rest home for another meal.
- Share your meal with a friend or family member.
- For your meal, order appetizers, separate side dishes, or from the kids' menu.



4-H FAMILIES ONLINE

Go to **Portion Distortion**
www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm to try the quiz.

- See the difference between serving sizes of 20 years ago and today.
- Discover how much exercise is needed to burn off the difference in calories.
- Check out the print-ready poster showing ways to measure serving sizes using household objects!
- "Healthy Snacks 100 Calories or Less" has great ideas. Print and put on the fridge.

FAMILY SCAVENGER HUNT

Find these items and put on your kitchen table or counter. Match up the recommended amount of food with the object. Or measure it out with measuring cups and spoons. Talk about how much you usually eat of each food – more or less?

1 DECK OF CARDS



3 OZ. OF MEAT



1 FIST



1 CUP OF CEREAL FLAKES



1 ROUNDED HANDFUL



1/2 CUP OF FRUIT



1 BASEBALL



1 CUP OF YOGURT



1 GOLF BALL



1/4 CUP OF RAISINS



1 CHECKBOOK



3 OZ. OF FISH



1 THUMB TIP (FROM KNUCKLE TO THE TIP OF THUMB)



1 TABLESPOON OF MAYONNAISE



CUT HERE

