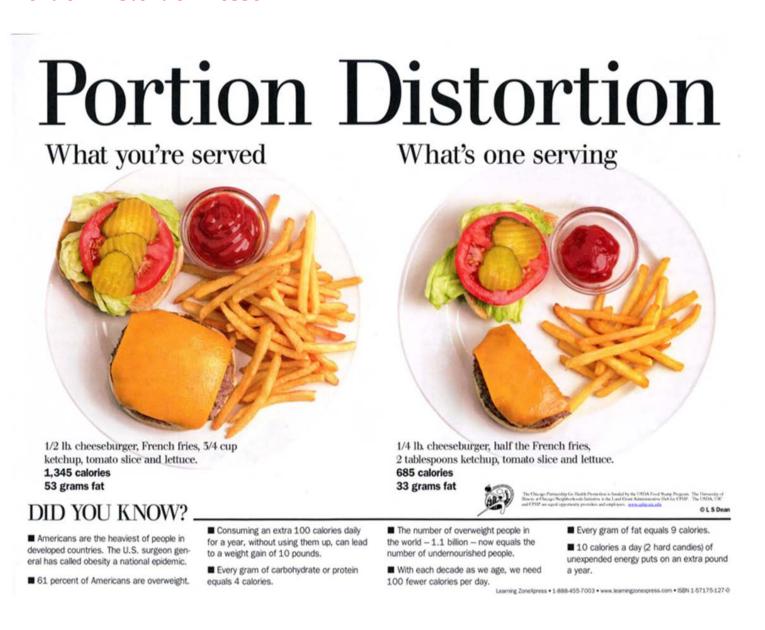
Nutrition Lesson Information. See below the information and links below that will cover Nutrition Topics for Fifth Graders.

You will also see 5 Word documents in the folder that cover the food groups found on the My Plate (Fruits, Vegetables, Grains, Protein, and Dairy) Read through the articles and we will review the information when we get back to school.

## **Portion Distortion Lesson:**



Take a look at the above picture. Compare the calories between the two plates! Now look at the chart below for some common items we can use as a way to know how big one serving is.

## PORTION CONTROL

CHEAT SHEET

## FOOD

## **SERVING SIZE**

RAINS



whole grain bagel



hockey puck



brown rice



whole wheat pasta



1/2 tennis ball

EGGIE



carrots



broccoli



tennis ball

**VIITS** 



grapes



apple



juice



tennis ball



dried fruit



golf ball

AIR



mozzarella cheese



golf ball



cheddar cheese



4 dice

MEAT &



chicken



burger



salmon



deck of cards

Label Lesson: Look at your Labels: Check out the labels that you have at home. Find a few labels that you can **bring in** and we will take a closer look when we return to school.

Here are a few things to look for on the label:

Serving size

**Calories** 

**Total Fat** 

**Total Carbohydrates** 

Sugar

**Dietary Fiber** 

**Vitamins** 

**Minerals** 

Here are a few items from my cupboards!

