

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:

Portion Distortion

What you're served

What's one serving



1/2 lb. cheeseburger, French fries, 5/4 cup ketchup, tomato slice and lettuce.

1,345 calories
53 grams fat



1/4 lb. cheeseburger, half the French fries, 2 tablespoons ketchup, tomato slice and lettuce.

685 calories
33 grams fat

DID YOU KNOW?

- Americans are the heaviest of people in developed countries. The U.S. surgeon general has called obesity a national epidemic.
- 61 percent of Americans are overweight.

- Consuming an extra 100 calories daily for a year, without using them up, can lead to a weight gain of 10 pounds.
- Every gram of carbohydrate or protein equals 4 calories.

- The number of overweight people in the world – 1.1 billion – now equals the number of undernourished people.
- With each decade as we age, we need 100 fewer calories per day.

- Every gram of fat equals 9 calories.
- 10 calories a day (2 hard candies) of unexpended energy puts on an extra pound a year.



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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

GRAINS



whole grain bagel



hockey puck



brown rice



whole wheat pasta



1/2 tennis ball

VEGGIES



carrots



broccoli



tennis ball

FRUITS



grapes



apple



juice



tennis ball



dried fruit



golf ball

DAIRY



mozzarella cheese



golf ball



cheddar cheese



4 dice

MEAT & PROTEIN



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!

