

Lesson 2: How Does Your Food Measure Up?



Opening Questions



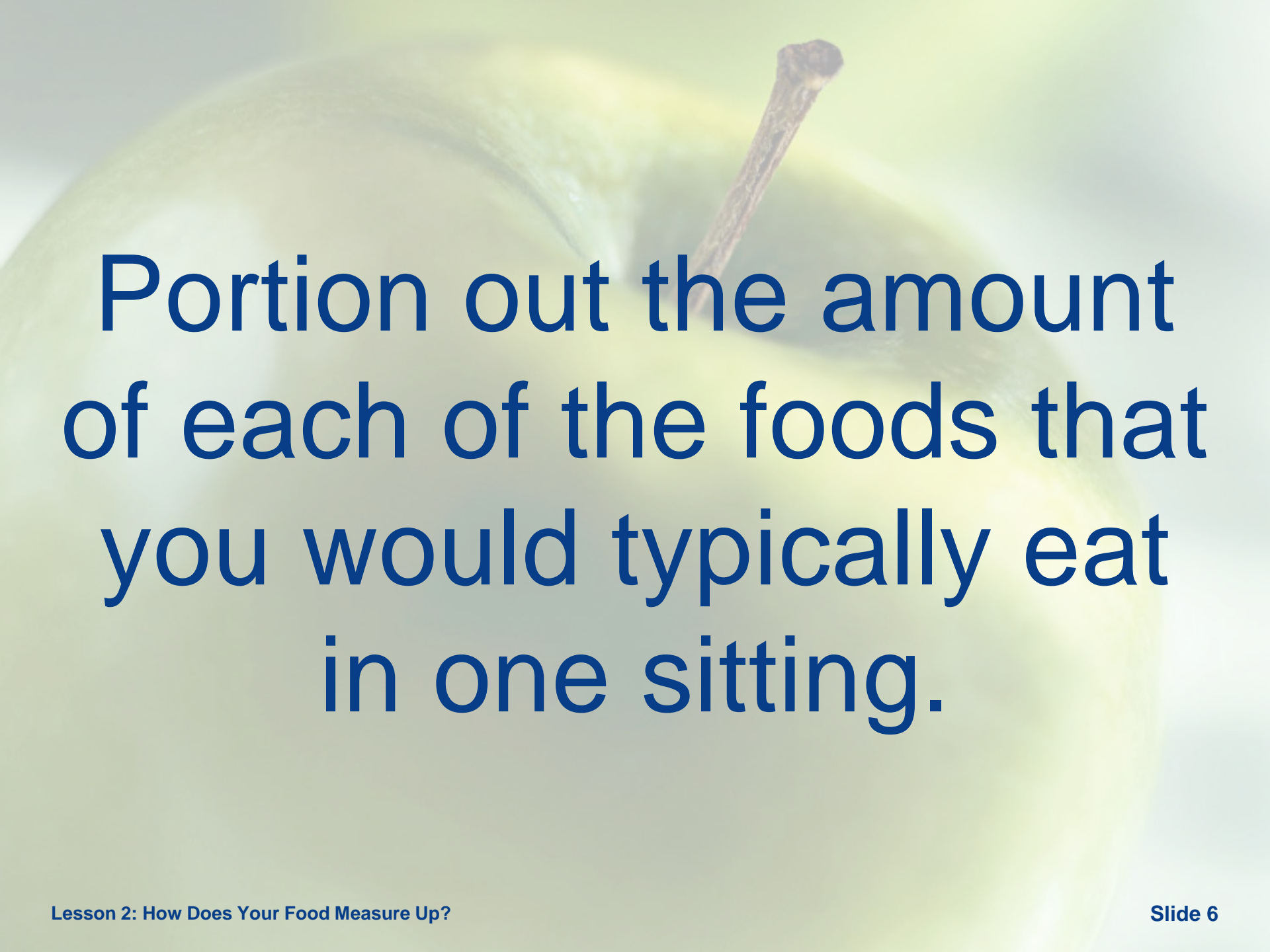
**Explain what you know
about serving sizes.**



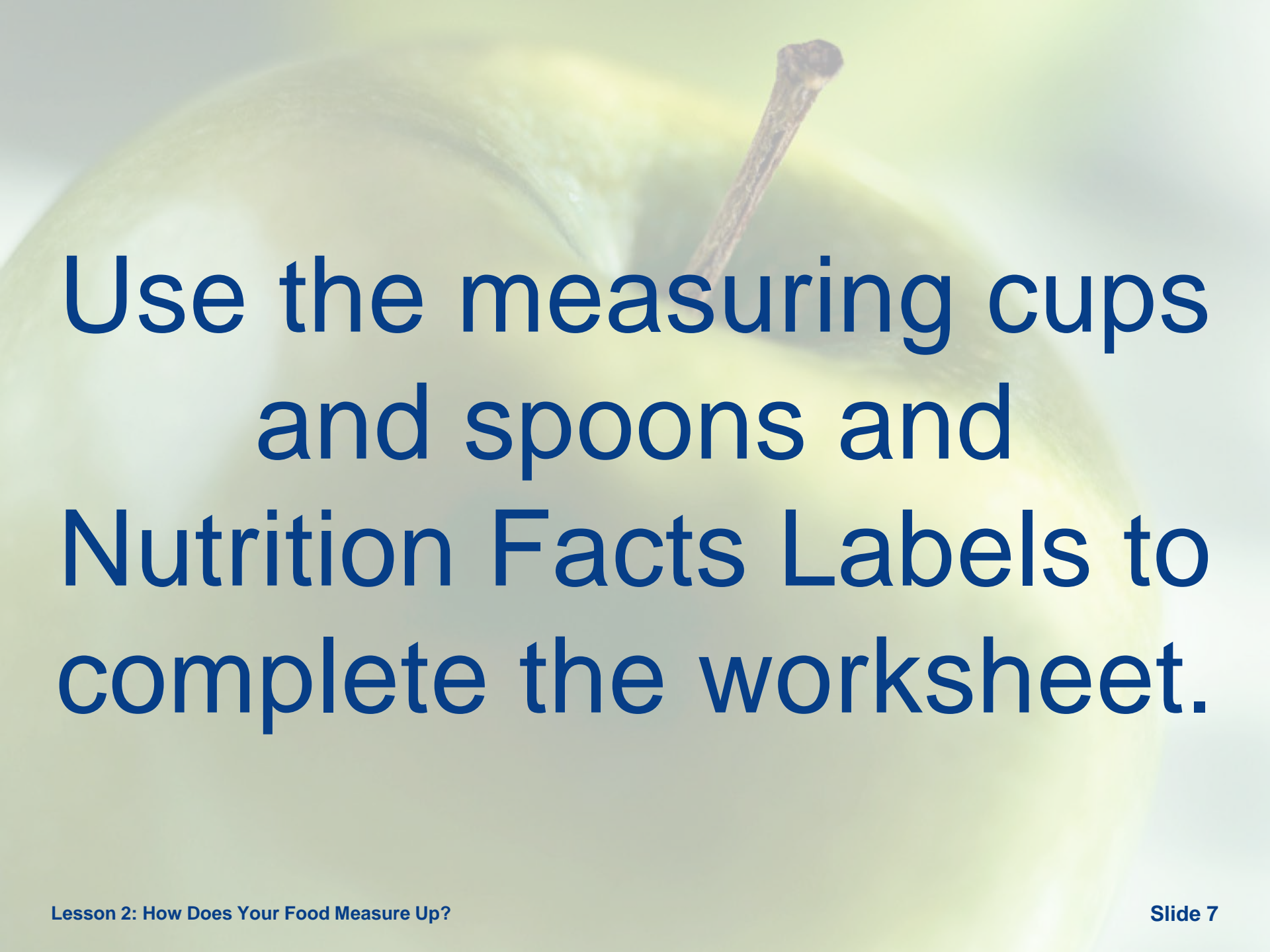
Explain what you know about Nutrition Facts Labels.



Learning Activity



Portion out the amount of each of the foods that you would typically eat in one sitting.



Use the measuring cups
and spoons and
Nutrition Facts Labels to
complete the worksheet.



Activity Wrap-Up



Expanding Knowledge

Serving or Portion?

- Serving is a reference amount of food.
- Portion is the subjective amount of food a person selects to eat.
- Example: Jan dishes up $\frac{1}{2}$ cup of carrots to eat.
 - One serving is 1 cup of carrots
 - Jan's portion is equal to $\frac{1}{2}$ serving

Nutrition Facts Label Servings

- Reference amount of food
- Regulated by the FDA
- Use it to calculate the amount of nutrients or calories in a portion
- Doesn't mean this is the amount you must eat
 - Can eat less, can eat more

Baby Carrots			
Nutrition Facts			
Serving Size 1 cup			
Amount Per Serving			
Calories 53		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol 0mg			0%
Sodium 88mg			3%
Total Carbohydrate 12g			4%
Dietary Fiber	4g		14%
Sugars	6g		
Protein 1g			2%
Vitamin A	427%	Vitamin C	12%
Calcium	4%	Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

Using Nutrition Facts Labels

- Compare portion to serving size to figure out nutrient intake.
- Jan consumed $\frac{1}{2}$ cup of carrots.
- How much fiber and vitamin A did she consume?

Baby Carrots	
Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 53	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	2%
Vitamin A 427%	Vitamin C 12%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Using Nutrition Facts Labels

- Jan consumed $\frac{1}{2}$ cup of carrots, which is $\frac{1}{2}$ serving:
- Her portion has:
 - Dietary fiber = 2 g
 - Vitamin A = 213%

Baby Carrots	
Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 53	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	2%
Vitamin A 427%	Vitamin C 12%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Food A

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 179 Calories from Fat 9
% Daily Value*

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 43g 11%

Dietary Fiber 6g 23%

Sugars 11g

Protein 5g 10%

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 85%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Check to make sure the serving sizes are similar.

Food A has more calories.

Food A has more fiber and iron, but also more sugar.

Food B has less fiber and iron, but has calcium and vitamin A.

Food B

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 110 Calories from Fat 9
% Daily Value*

Total Fat 1g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 180mg 0%

Total Carbohydrate 25g 8%

Dietary Fiber 3g 11%

Sugars 3g

Protein 2g 4%

Vitamin A 10% Vitamin C 0%

Calcium 15% Iron 45%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Nutrition Facts Serving Sizes

- Vary from food to food
- Can be listed in
 - Cups
 - Ounces
 - Fluid Ounces
 - Tablespoons
 - Teaspoons
 - Grams
 - And more!

Nutrition Facts

Serving Size 2 tablespoons

Nutrition Facts

Serving Size 1 slice (128g)

Nutrition Facts

Serving Size 8 fl oz

Density of Food

- Density is how compact a food is.
- Another way to think about it is how much space it takes up for its weight.
- What are some examples of foods that are not dense?
- What are some examples of foods that are very dense?

Density and School Meal Patterns

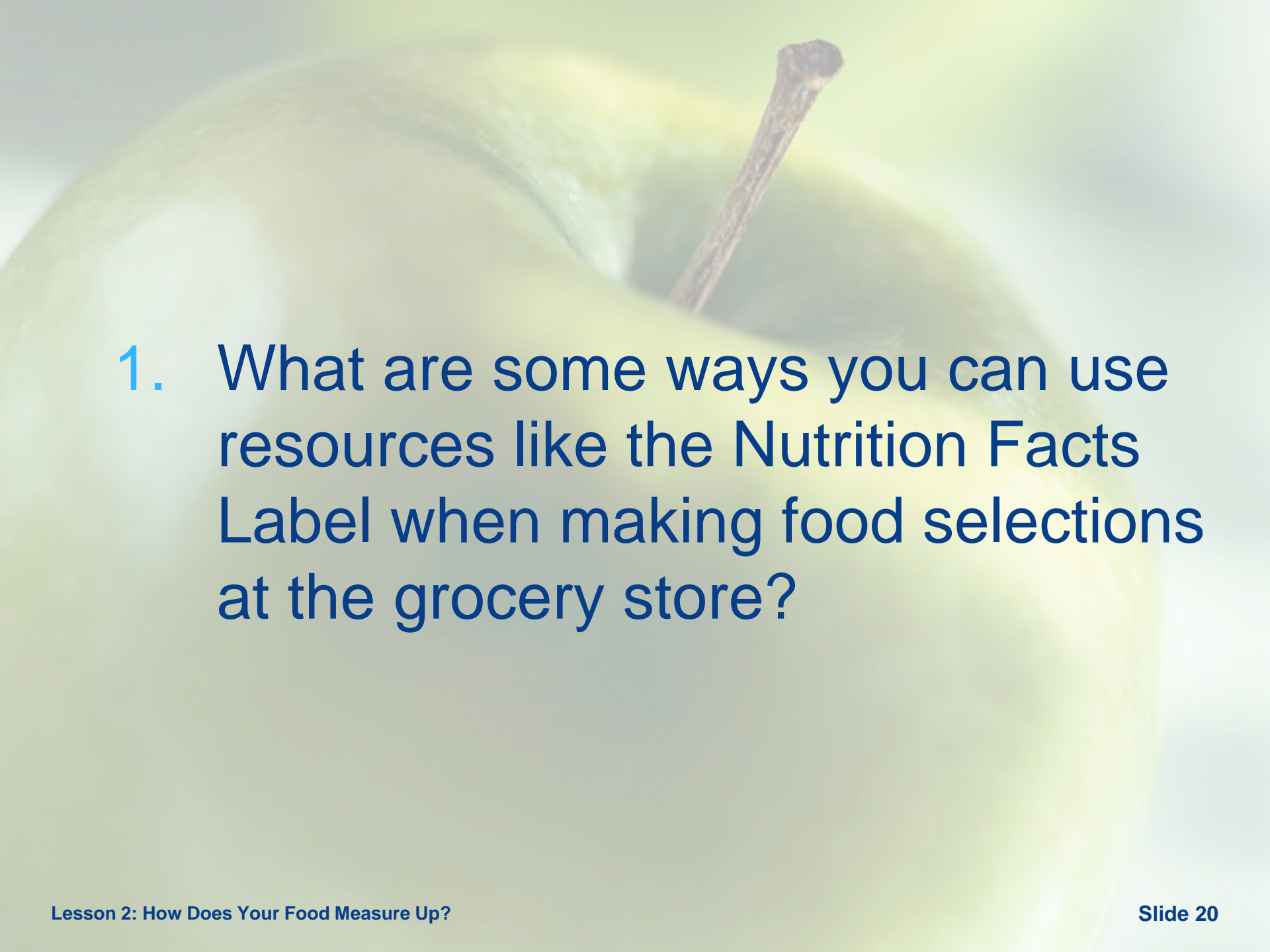
- Lunch and breakfast patterns take into account density of certain fruits and vegetables.
- Dried fruit:
 - $\frac{1}{2}$ cup is equivalent to 1 cup of fruit
- Raw leafy greens
 - 2 cups is equivalent to 1 cup of vegetables


Meal Pattern Servings

- Fluid Milk – Cups
- Meat/Meat Alternate – Ounce Equivalents
- Fruits – Cups
- Vegetables – Cups
- Grains – Ounce Equivalents



Goal Setting

- 
1. What are some ways you can use resources like the Nutrition Facts Label when making food selections at the grocery store?



**Thank you for
participating in Lesson 2!**

This institution is an equal opportunity provider.