



LESSON PLAN - 2

Calorie Awareness

- Nutrition Tip:** Food Portions
Physical Activity Tip: Importance of Warming Up
Behavior Tip: Using Smaller Plates

Handouts: (Download from www.scalebackalabama.com)

- Controlling Portion Sizes (Handout 1)
- Do Increased Portion Sizes Affect How Much We Eat? (Handout 2)

Additional items needed for the class:

- Food labels to look at serving sizes. Use containers that appear to be single servings, but the labels specify the container actually has two servings.
- Different size plates can be a good visual for potential serving size problems.

Class:

Nutrition Tip - Food Portions

Most people underestimate portion sizes, especially on food records. It is important to read food labels to know what the serving size is for that item. Candy bars, chips, and crackers are typical examples of foods that may be considered single servings but are labeled as multiple servings. Food labels from common snack foods are interesting to read. You may be surprised at the actual number of serving sizes!

Portion sizes are not easily recognized. The handout from the American Cancer Society (*Handout 1*) provides helpful ways to identify serving sizes. For example, the portion of meat for an adult is similar to a deck of cards or the palm of a hand.

For additional information, the PowerPoint presentation, Portion Distortion, <http://hp2010.nhlbihin.net/portion>, may be viewed on a personal computer.

Physical Activity Tip - Importance of warming up

Do not forget to warm up before your workout and cool down afterwards. Five minutes of stretching and a warm-up/cool-down walk can help keep soreness away and give your body time to adjust to its new demands.

Pick an exercise routine you enjoy; it will help you stick with your new plan!

Lesson Plan 2 (continued)

Behavior Change Tip - Use Smaller Plates

The message, "Sir don't waste while your wife saves; do your part and clean your plate," emerged during World War I to encourage people to conserve food when there was a limited supply. That led to the formation of "Clean Plate Clubs" in many elementary schools. However, today adults may eat all the food served on the plate without realizing it.

One study found the bigger the portion, the more participants ate. Participants consumed more 30 percent more energy (162 cal) when offered the largest portion (1000g) compared to the smallest portion (500g). They also reported similar ratings of how full they were, despite the fact that they ate more. After the study, only 45 percent of the subjects reported noticing that there were differences in the size of the portions served.

In a similar study, adults ate all the popcorn served at the movies, regardless of the size container. Moviegoers who were given fresh popcorn ate 45.3 percent more popcorn when it was given to them in large containers. This container-size influence is so powerful that even when the popcorn was disliked, people still ate 33.6 percent more popcorn when eating from a large container than from a medium-size container.

What does this mean to you? If you are eating at home, serve your food on smaller plates. The plate will still look full, but you will be consuming less food per serving. When you are finished with a plate of food, do not immediately go back for seconds. Remember, it takes your stomach a while before it can tell your brain that you are full. After you wait about 20 minutes, if you are still feeling hungry then eat a small portion of a vegetable. If you are not feeling hungry, don't eat! Refer to *(Handout 2)*.