

## Decorate a Serving

### **Nutrition Lesson(s) Supported:**

-Snacks

### **Supplies Needed:**

- ½ cup size disposable plastic cups
- markers and stickers

### **Length of Time to Complete:**

10 minutes

### **Audience (grades):** K-5

### **Background:**

The appropriate serving size for a snack is ½ cup. Many snacks are packaged with two or three ½ cup servings in one container, making it hard for consumers to eat proper portions. Reducing portion sizes is a very important step to becoming a healthy eater, especially when it applies to food consumed between meals.

### **Process:**

Discuss portion sizes with children and distribute ½ cup, cups and markers and stickers for them to decorate. After they have finished decorating, let them fill the cup with a healthy snack to demonstrate the appropriate serving size.

### **Resources:**

[http://win.niddk.nih.gov/publications/just\\_enough.htm](http://win.niddk.nih.gov/publications/just_enough.htm)