

Supplementary Activity: Plates and Portions

Supplies Needed:

- 5.1_SW_PlatesandPortions_Worksheet

Length of Time to Complete:

- 5 minutes to introduce activity
- 30 minutes to complete assignment

Audience (grades): 5th grade

Common Core Standards:

- Math: Number and Operations i- Fractions: 5.NF.7
 - Apply and extend previous understandings of division to divide unit fractions by whole numbers and whole numbers by unit fractions
 - Interpret division of a whole number by a unit fraction, and compute such quotients.
 - Solve real world problems involving division of unit fractions by non-zero whole numbers and division of whole numbers by unit fractions.

Lesson:

This month we talked about portion distortion. Who can tell me what the difference is between a serving size and a portion size? A serving size is a set amount of food, such as 1/3 cup of pasta, whereas a portion is the amount of food you consume in one sitting, such as a bowl of pasta.

Do you remember how plate sizes have grown since the 1960s? (They were 8.5” in the 1960s and are 12” now)

Our plates are now about 40% bigger than they were in the 1960s. Why do you think this would lead to us eating bigger portions? (We put enough food on the plate so it looks full. If we have seconds, the extra portion we put on our plates is bigger too, etc.)

Why is it important to be aware of the portion sizes you are eating? (If we eat extra food and don't balance that with extra exercise, it can lead to obesity and increased risk for diabetes and heart disease.)

Today we're going to complete a worksheet to calculate how this change in plate size has impacted our portion sizes.