



Common Snacks and Servings

Overview: Explore portion and serving sizes of common snack foods.

Subject area: Nutrition

Grade level: K-5th

Objectives: Children will be able to differentiate between a portion size and a serving size of common snack foods.

Prep time: 10 minutes

Lesson time: 10+ minutes

Materials needed:

- 5 large bowls (1 per snack item)
- Small bowls
 - 1 per child, plus 5 additional (1 per snack item)
- 5 different types of common snack foods such as pretzels, crackers, nuts, apple slices, carrot sticks.

Space needed: Kitchen or area with tables.

Staff needed: 2

Preparation steps:

1. Fill each large bowl with a common snack food
2. For each snack item, fill a small bowl with the proper serving size (out of sight of the children). For fresh fruits and vegetables, fill the small bowl to the brim (note: although there are serving sizes for fruits and vegetables, they can be eaten in unlimited quantities).
3. Number the large bowls of snacks 1-5.

Presentation steps:

1. Gather the children around the table. Pass out a small bowl to each child.
2. Have the children count off, 1 through 5. Their number corresponds to their assigned large snack bowl (i.e. carrot sticks).
3. According to their assigned number, ask children to fill their small bowl with what they think the serving size is for that particular snack.
4. After all children have filled their small bowls, show them the recommended serving sizes.
5. Explain the difference between a portion size (how much you put on your plate) and a serving size (the recommended amount).
6. Point out that fruits and vegetables can be eaten in unlimited quantities, which make them great snack foods!