

SUPER-SIZED Snacks

Learner Objectives

Participants will be able to:

- list alternatives to super-sizing;
- calculate calories associated with sugar and fat grams;
- differentiate between serving size and portion size; and
- identify one goal or action to reduce super-sized portions.

Materials

- Super-sized and regular-sized snack items: chips, candy bars, sugared beverages
- Sugar cubes
- Pats of margarine
- Dry measuring cups
- Clear bowls or containers
- Dry cereal
- Uncooked pasta



Discussion

1. **Ask participants to guess** the number of servings, the number of sugar cubes per serving, and amount of fat per serving for each of the super-sized and regular-sized snack items.
 - 1 sugar cube = 4 grams of sugar
 - 1 margarine pat = 4 grams of fat (margarine)
2. **Have youth share their answers** by placing the number of sugar cubes and number of margarine pats on plates beside each snack item. Use this to start a discussion about portion size, servings, sugar and fat in each of the snack items. Then, read the nutrition label to check:
 - **Portion:** the amount of food you choose to eat. Example: the amount of food offered to a person in a restaurant.
 - **Serving:** standard amount used to help give advice about how much to eat. Example:
 - 1 serving of bread = 1 slice
 - 1 gram of sugar = 4 calories
 - 1 gram of fat = 9 calories
3. **Remind the youth** that you're discussing sugar and fat per serving, **not** per package. Talk about how sugar and fat add up when they super-size and eat the **whole thing**. Allow youth to calculate total calories in a bottle of soda and compare it to the number of calories listed on the nutrition label.
4. **Have several youth volunteer** to show the amount of cereal and pasta they normally eat in one sitting.
5. **After having youth** show the portion they eat, show what an actual serving looks like. Use this to reiterate the difference between a portion and a serving.
6. **Discuss alternatives to super-sizing.**
 - Split super-sized snacks with a friend.
 - Purchase smaller size snacks.
 - Choose other snacks that are lower in fat and sugar, such as fruits, veggies, low-fat dairy, and whole grains.
 - Plan ahead and carry healthy snacks.
7. **Select one personal goal** to help decrease the super-sizing of snacks in your daily life.

Resources

What is a portion?

The amount of food you choose to eat for a meal or snack.

You decide the size.

What is a serving?

The measured amount of food or drink, such as one slice of bread or a cup of milk. Serving sizes help people know how much of a food people should eat to get the nutrients they need. Nutrition Facts labels list the serving size.

Portion Distortion

Portion sizes have increased drastically over the last 20 years. Consumers now consider these larger portions “normal,” when actually they could feed two or three people. Check out the chart to see how much portion sizes have increased over the years.

20 Years Ago

140cal

3" diameter



333cal

One patty



500cal

1 cup sauce
3 small meatballs



85cal

6.5 ounces



210cal

1.5 ounces



Today

350cal

6" diameter



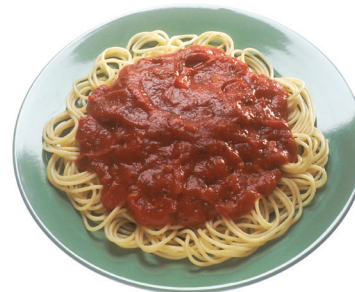
590cal

One patty



1,020cal

2 cups sauce
3 large meatballs



250cal

20 ounces



500cal

5 ounces



Food Group	Daily Recommendation	One Serving Size Equals...	What a Serving Looks Like
Grains	5 to 6 servings	1 slice of bread, 1 cup ready-to-eat cereal, ½ cup cooked rice, cooked pasta	hockey puck, cupcake wrapper, ice cream scoop
Fruit	1½ to 2 cups	1 cup fruit or 100% fruit juice, ½ cup dried fruit	1 piece of fruit the size of a baseball, tennis ball, or light bulb
Vegetables	2 to 2½ cups	1 cup raw or cooked vegetables or vegetable juice, 2 cups raw leafy greens	1 vegetable the size of a tennis ball or light bulb
Dairy	3 cups	1 cup milk/yogurt, 1½ ounces natural cheese, 2 ounces processed cheese	4 dice (1 serving of cheese)
Meat and Beans	5 ounces	1 ounce meat, poultry, or fish; ¼ cup cooked dry beans, 1 egg, 1 tablespoon peanut butter, ½ ounce nuts or seeds	3 ounces of meat look like a deck of cards or a checkbook
Oils	5 teaspoons	1 tablespoon fat (use sparingly)	tip of thumb = 1 teaspoon

Worksheet

Using the chart at the top of this page, list some common items you can use to visualize portion sizes.



What is the difference between a portion and a serving?



3 A piece of chocolate cake has 8 grams of fat. How many calories from fat are in the cake? _____

4 A scoop of ice cream has 6 grams of sugar. How many calories from sugar are in the ice cream? _____

What are some disadvantages of super-sized snacks?



6 How many calories are in 1 gram of fat? _____

7 What is one thing you can do to avoid or decrease super-sized snacks?

8 How many servings are recommended from each food group?

How many calories are in 1 gram of sugar?



Kansas School Wellness Policy Model Guideline — Nutrition Education			
Classroom: Middle-High School			
Requirements achieved in this lesson:	Basic	Advanced	Exemplary
Basic, Advanced, and Exemplary	At least 25 percent of nutrition education involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	At least 50 percent of nutrition education instruction involves hands-on activities that engage students in enjoyable, developmentally appropriate, culturally relevant, participatory activities.	
Topics	Relationship of nutrients in food to good health and long-term risks of unhealthful food selections. Dietary guidelines and personal eating plans.		

References

Serving Sizes and Portions: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/eat-right/distortion.htm

Portion Distortion: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/portion/index.htm

Serving Sizes: www.knackonline.org/choices/healthy-eating/serving-sizes.php

Answer Key

- Answers vary.
- Portion: the amount of food you choose to eat. Serving: standard amount used to help give advice about how much to eat.
- $8 \times 9 = 72$, 72 calories
- $6 \times 4 = 24$, 24 calories
- More fat, sugar, and caloric intake.
- 9 calories
- Split super-sized snacks with friends, purchase smaller-sized snacks, choose other healthy snacks, plan ahead and carry healthy snacks.
- Grains = 5 to 6 servings, Fruit = $1\frac{1}{2}$ to 2 cups, Vegetables = 2 to $2\frac{1}{2}$ cups, Dairy = 3 cups
- 4 calories

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