

## Lesson Overview

### GOAL:

To demonstrate how the “super sized” food portions in the U.S. are contributing to the obesity epidemic and empower participants to overcome portion distortion through portion control.

### OBJECTIVES:

By the end of the class, participants will:

1. Identify portion distortion as a leading cause of the obesity epidemic.
2. Give at least 3 examples of the amount of exercise needed to burn off excess calories from large portion sizes.
3. Distinguish between serving sizes and portion sizes.
4. Recognize and visually estimate the portion sizes of common foods.
5. Apply their knowledge of portion sizes to MyPlate and begin practicing portion control on a daily basis using their FADs.
6. Illustrate how much and what type of foods should be consumed at one meal.

### MATERIALS:

1. Handouts/Worksheets/ Visuals.
2. Equipment for PowerPoints and other audiovisuals when applicable.

# BHL Week 5 Guide for Instructors

## Portion Distortion



## Getting Started:

### HOUSEKEEPING

- Welcome the class & introduce yourself.
- Cover questions/comments/concerns related to both fitness and/or nutrition, and refer to the appropriate BHL staff member if unable to answer or console.
- Review the past week's *FADS* and *Weekly 3 C's*.
- Review the past week's *Weekly Challenge* when applicable.
- Have trained BHL staff take anthropometric measurements, distribute any materials or information, or make announcements when applicable.
- Have participants sign-in on attendance sheet.
- Give MetroCard to those applicable.
- Ensure that healthy snacks and water are provided.
- Distribute the lesson handouts.
- After each **TOPIC**, ask if the material is clear and if there are any questions.

## Today's Lesson:

### #1 PORTION DISTORTION

- BOLD Healthy Living Program: *Portion Distortion* (PowerPoint or Handout #1, ENG)

### TOPICS

1. **Introduction (slide 4):** You've probably noticed that food portions in restaurants and other places have grown in size and provide enough food for at least two people. Larger portion sizes can lead to bigger waistlines and weight gain.
2. **(slide 5):** Today, we're going to learn why that extra handful of French fries *does* matter to your health. Large portions add up! Just 100 extra calories per day (10 French fries!) can lead to 10 pounds of weight gain per year. We will discuss how you don't have to eat everything in front of you and in fact you should not. Maintaining a healthy weight is a balancing act between the calories you take in and the calories you expend through exercise and physical activity.
3. **Activity—Portion Distortion Quiz (Slides 6-36):** (1) For each question, follow the 3 slide sets: (1) Read question and have participants guess the answer (2) Reveal answer and allow participants to comment/react (3) Reveal how much exercise/physical activity is needed to compensate for the calorie difference and allow participants to comment/react. Suggestion: Ask discussion questions, such as, what can you do to cut back on the size of your bagel? What changes to a pizza can

(Continued on page 2)

(Continued from page 1)

you make to reduce the amount of calories? Remember the lesson on healthy beverages—have any of you remade your coffee or soda? If so, what did you change?

4. **(slides 36-37):** Read through.
5. **Closing (slide 38):** Read through.
6. **(slide 39):** Transition to *Be Wise About Your Portion SIZE* (handout #2)

## #2 BE WISE ABOUT YOUR PORTION SIZE

- The Florida Interagency Food and Nutrition Committee—2005: *Be Wise About Your Portion Size* (p 57)(Handout #2, ENG)
- The Florida Interagency Food and Nutrition Committee—2005: *Be Wise About Your Portion Size* (p 58)(Handout #3, ENG)
- Learning About Diabetes, Inc.: *Portion Sizes: When You Can't Measure Your Food* (Handout #4, ENG/SPN)

### TOPICS

1. **Transition (p 57):** You now know that portions are out-of-control! But how much of each food should you eat? You can manage your portion control by following the simple MyPlate guidelines. Let's look at the table, "How much do you need each day from each food group?" (Handout #2).
2. **Discussion:** The recommendation to decrease portion sizes is particularly important for high calorie foods or for foods with a lot of empty calories, such as cakes, cookies, sugary drinks, and pizza. It is important to focus on foods you need. For example, eat a large portion of steamed broccoli (but with only a very small amount of butter or cheese sauce, if any). Consume less fats and sweets, and focus on more healthful foods like whole grains, fruits, vegetables, lean proteins, and low-fat dairy or dairy substitutes.
3. **What's in an ounce (p 57)?** You may be wondering: what is an ounce? What is a cup? These are great questions! Here are the foods and amounts you can choose from each food group when following the *Daily Food Guide* shown above (read through equivalents for each group).
4. **One portion looks like (p 58):** What if you don't have time to measure out all of your food? Being successful at decreasing portion sizes doesn't mean that you don't have to measure out every meal or snack you eat. Once you've taken the time to measure out a few examples, you will be able to estimate portion sizes better. Plus, just eating or drinking less than you normally would means you are decreasing your portion sizes. There are also simple visualizing cues you can use to estimate your portions sizes. We're going to learn them right now (go through examples).
5. **Your Helpful Hands (handout #4):** If you have troubling visualizing portion sizes using common household items—there's an even simpler trick—your hands! (go through examples, using your hand as a visual cue).

6. **Activity:** Using a pair of dice, deck of cards, baseball and/or tennis ball, and measuring cups, demonstrate how to physically measure and visualize portion sizes. Provide at least one example for each food group. Foods that are easy to transport and bring to class are cold cereal (grains), an apple (fruit), carrot sticks (vegetables), cheese cubes (dairy), dried beans (protein), and salad dressing packets (fat).

### #3 Weekly Challenge

- United States Department of Agriculture. Food and Nutrition Services: *MyPlate Graphic* (Handout #5, ENG/SPN)
1. **Instructions:** Instruct participants to complete the *Weekly Challenge #3* and bring it with them to the next nutrition class. Participants will choose one weekday dinner and place the foods they eat into the corresponding sections of the MyPlate, and answer the questions: How MUCH of each food did they eat? Did they have 1 serving or 3? How did their portion sizes compare with the recommended MyPlate serving sizes? The next class will begin with a discussion of this exercise.

## Closing:

### HOUSEKEEPING

- Allow time for questions, comments, and concerns.
- Make sure that everyone has 3 blank *FAD* worksheets and 1 blank *My 3 C's* worksheet to complete over the week.
- Read their weekly *FAD* instructions (*Week-by-Week Guide* in *Orientation Packet*).
- Remind the class to review the *BHL Weekly Checklist*.
- Make sure that everyone knows the time/location of the next fitness and nutrition classes.
- Thank everyone for coming and offer your availability after class for questions, comments, or concerns. Provide referrals as necessary to the appropriate professionals.

## Material References:

### Handout #1 (PowerPoint adapted from):

Henneman, A, Peterson, Amy. Prevent Portion Distortion (PowerPoint). University of Nebraska-Lincoln, Food, Nutrition, and Health, Web Site. Published 2012. Available at: <http://food.unl.edu/web/fnh/portiondistortion>. Accessed July 10, 2013.

We Can! Portion Distortion Quiz. National Heart, Lung, and Blood Institutes Web Site. Available at: <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/portion-quiz.pdf>. Published 2004. Accessed July 10, 2013.

Choose MyPlate. United States Department of Agriculture Web Site. Available at: <http://www.choosemyplate.gov>. Published 2012. Accessed July 10, 2013.

### Handout #2:

Be Wise About Your Portion Size (p57). Wellness Proposals Web Site. Available at: <http://wellnessproposals.com/wellness-library/nutrition/nutrition-program-be-wise-about-your-portion-size/> Published 2005. Accessed July 10, 2013.

### Handout #3:

Be Wise About Your Portion Size (p58). Wellness Proposals Web Site. Available at: <http://wellnessproposals.com/wellness-library/nutrition/nutrition-program-be-wise-about-your-portion-size/> Published 2005. Accessed July 10, 2013.

**Handout #4:**

Portion Sizes: When you Can't Measure Your Food. Learning About Diabetes Web Site. Available at: <http://www.learningaboutdiabetes.org/freeprograms.htm>. Published 2008. Accessed July 10, 2013.

**Handout #5:**

MyPlate Graphic. United States Department of Agriculture, Food and Nutrition Services, Web Site. Available at: <http://teammnutrition.usda.gov/graphics.html>. Accessed