



# Eating HEART HEALTHY

## Seafood In Schools

Lesson Plan: Portions Matter



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## Learning Outcomes

Following this lesson, students will be able to:

- Understand the importance of portion sizes as it relates to total caloric intake and weight gain.
- Identify daily serving size recommendations from the five food groups.
- Recognize the categories on the Nutrition Facts label and use the label to make healthy food choices.





## Video

# MyPlate, MyWins: What's Your Healthy Eating Style?

[Video link](#)

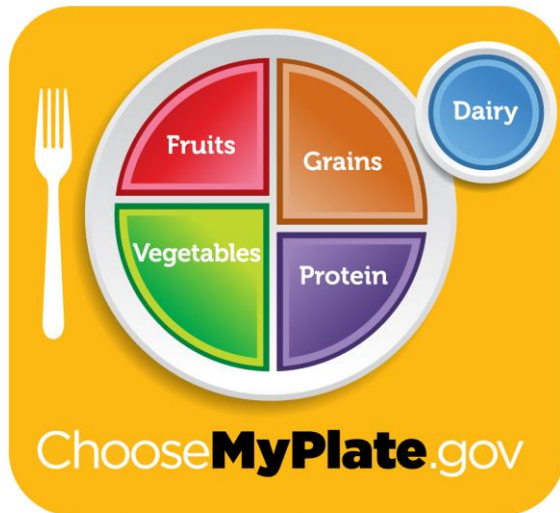




# Eating HEART HEALTHY

Seafood In Schools

## Your Recommended Serving Size



Is Not

# SUPER SIZED



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## Serving Sizes

- A serving is the unit of measure used to describe the amount of food recommended from each food group.
- Serving size recommendations change based on gender and age. It is important to understand the recommended serving sizes for you in order to control your portions.





## Portion Sizes

- A portion is the amount of a specific food you choose to eat at a meal or for a snack.
- It is important to monitor the portions you eat daily. Increased portions lead to excess calorie intake.
- Overconsumption of food and lack of physical activity are contributing factors of obesity and may increase risks of chronic disease.





# Daily Fruit Recommendation

| DAILY FRUIT TABLE     |                 |               |
|-----------------------|-----------------|---------------|
| DAILY RECOMMENDATION* |                 |               |
| Children              | 2-3 years old   | 1 cup         |
|                       | 4-8 years old   | 1 to 1 ½ cups |
| Girls                 | 9-13 years old  | 1 ½ cups      |
|                       | 14-18 years old | 1 ½ cups      |
| Boys                  | 9-13 years old  | 1 ½ cups      |
|                       | 14-18 years old | 2 cups        |
| Women                 | 19-30 years old | 2 cups        |
|                       | 31-50 years old | 1 ½ cups      |
|                       | 51+ years old   | 1 ½ cups      |
| Men                   | 19-30 years old | 2 cups        |
|                       | 31-50 years old | 2 cups        |
|                       | 51+ years old   | 2 cups        |

In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 cup from the Fruit Group.







# Daily Vegetable Recommendation

| DAILY VEGETABLE TABLE |                 |          |
|-----------------------|-----------------|----------|
| DAILY RECOMMENDATION* |                 |          |
| <b>Children</b>       | 2-3 years old   | 1 cup    |
|                       | 4-8 years old   | 1 ½ cups |
| <b>Girls</b>          | 9-13 years old  | 2 cups   |
|                       | 14-18 years old | 2 ½ cups |
| <b>Boys</b>           | 9-13 years old  | 2 ½ cups |
|                       | 14-18 years old | 3 cups   |
| <b>Women</b>          | 19-30 years old | 2 ½ cups |
|                       | 31-50 years old | 2 ½ cups |
|                       | 51+ years old   | 2 cups   |
| <b>Men</b>            | 19-30 years old | 3 cups   |
|                       | 31-50 years old | 3 cups   |
|                       | 51+ years old   | 2 ½ cups |

In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 cup from the Vegetable Group.







# Weekly Vegetable Recommendations

| WEEKLY VEGETABLE SUBGROUP TABLE |                       |                           |                |                    |                  |
|---------------------------------|-----------------------|---------------------------|----------------|--------------------|------------------|
|                                 | DARK GREEN VEGETABLES | RED AND ORANGE VEGETABLES | BEANS AND PEAS | STARCHY VEGETABLES | OTHER VEGETABLES |
|                                 | AMOUNT PER WEEK       |                           |                |                    |                  |
| <b>Children</b>                 |                       |                           |                |                    |                  |
| 2-3 yrs old                     | ½ cup                 | 2 ½ cups                  | ½ cup          | 2 cups             | 1 ½ cups         |
| 4-8 yrs old                     | 1 cup                 | 3 cups                    | ½ cup          | 3 ½ cups           | 2 ½ cups         |
| <b>Girls</b>                    |                       |                           |                |                    |                  |
| 9-13 yrs old                    | 1 ½ cups              | 4 cups                    | 1 cup          | 4 cups             | 3 ½ cups         |
| 14-18 yrs old                   | 1 ½ cups              | 5 ½ cups                  | 1 ½ cups       | 5 cups             | 4 cups           |
| <b>Boys</b>                     |                       |                           |                |                    |                  |
| 9-13 yrs old                    | 1 ½ cups              | 5 ½ cups                  | 1 ½ cups       | 5 cups             | 4 cups           |
| 14-18 yrs old                   | 2 cups                | 6 cups                    | 2 cups         | 6 cups             | 5 cups           |





# Daily Grain Recommendation

| DAILY GRAIN TABLE |                 |                       |                                      |
|-------------------|-----------------|-----------------------|--------------------------------------|
|                   |                 | DAILY RECOMMENDATION* | DAILY MINIMUM AMOUNT OF WHOLE GRAINS |
| Children          | 2-3 years old   | 3 ounce equivalents   | 1 ½ ounce equivalents                |
|                   | 4-8 years old   | 5 ounce equivalents   | 2 ½ ounce equivalents                |
| Girls             | 9-13 years old  | 5 ounce equivalents   | 3 ounce equivalents                  |
|                   | 14-18 years old | 6 ounce equivalents   | 3 ounce equivalents                  |
| Boys              | 9-13 years old  | 6 ounce equivalents   | 3 ounce equivalents                  |
|                   | 14-18 years old | 8 ounce equivalents   | 4 ounce equivalents                  |
| Women             | 19-30 years old | 6 ounce equivalents   | 3 ounce equivalents                  |
|                   | 31-50 years old | 6 ounce equivalents   | 3 ounce equivalents                  |
|                   | 51+ years old   | 5 ounce equivalents   | 3 ounce equivalents                  |
| Men               | 19-30 years old | 8 ounce equivalents   | 4 ounce equivalents                  |
|                   | 31-50 years old | 7 ounce equivalents   | 3 ½ ounce equivalents                |
|                   | 51+ years old   | 6 ounce equivalents   | 3 ounce equivalents                  |

In general, 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal can be considered as 1 ounce-equivalent from the Grains Group.





# Daily Protein Recommendation

| DAILY PROTEIN FOODS TABLE |                 |                       |
|---------------------------|-----------------|-----------------------|
| DAILY RECOMMENDATION*     |                 |                       |
| <b>Children</b>           | 2-3 years old   | 2 ounce equivalents   |
|                           | 4-8 years old   | 4 ounce equivalents   |
| <b>Girls</b>              | 9-13 years old  | 5 ounce equivalents   |
|                           | 14-18 years old | 5 ounce equivalents   |
| <b>Boys</b>               | 9-13 years old  | 5 ounce equivalents   |
|                           | 14-18 years old | 6 ½ ounce equivalents |
| <b>Women</b>              | 19-30 years old | 5 ½ ounce equivalents |
|                           | 31-50 years old | 5 ounce equivalents   |
|                           | 51+ years old   | 5 ounce equivalents   |
| <b>Men</b>                | 19-30 years old | 6 ½ ounce equivalents |
|                           | 31-50 years old | 6 ounce equivalents   |
|                           | 51+ years old   | 5 ½ ounce equivalents |

In general, 1 ounce of meat, poultry or fish, ¼ cup cooked beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce-equivalent from the Protein Foods Group.





# Daily Dairy Recommendation

| DAILY DAIRY TABLE    |                 |          |              |                 |        |
|----------------------|-----------------|----------|--------------|-----------------|--------|
| DAILY RECOMMENDATION |                 |          |              |                 |        |
| <b>Children</b>      | 2-3 years old   | 2 cups   | <b>Women</b> | 19-30 years old | 3 cups |
|                      | 4-8 years old   | 2 ½ cups |              | 31-50 years old | 3 cups |
| <b>Girls</b>         | 9-13 years old  | 3 cups   |              | 51+ years old   | 3 cups |
|                      | 14-18 years old | 3 cups   | <b>Men</b>   | 19-30 years old | 3 cups |
| <b>Boys</b>          | 9-13 years old  | 3 cups   |              | 31-50 years old | 3 cups |
|                      | 14-18 years old | 3 cups   |              | 51+ years old   | 3 cups |

In general, 1 cup of milk, yogurt, or soymilk (soy beverage), 1 ½ ounces of natural cheese, or 2 ounces of processed cheese can be considered as 1 cup from the Dairy Group.





## Pop Quiz

Which of the following is the daily minimum requirement of protein for boys and girls age 9-13 years old?

- A. 2 ounce equivalents
- B. 5 ounce equivalents
- C. 5 ½ ounce equivalents
- D. 8 ounce equivalents





# Know the facts!

Let's review the proper way to read a Nutrition Facts label and how to use it to compare foods and make healthy choices.

① **Start Here** →

| Nutrition Facts           |  |
|---------------------------|--|
| Serving Size 1 cup (228g) |  |
| Servings Per Container 2  |  |

② **Check Calories**

| Amount Per Serving  |                       |
|---------------------|-----------------------|
| <b>Calories</b> 250 | Calories from Fat 110 |

③ **Limit these Nutrients**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 12g          | <b>18%</b>     |
| Saturated Fat 3g              | 15%            |
| Trans Fat 3g                  |                |
| <b>Cholesterol</b> 30mg       | <b>10%</b>     |
| <b>Sodium</b> 470mg           | <b>20%</b>     |
| <b>Total Carbohydrate</b> 31g | <b>10%</b>     |

⑥

**Quick Guide to % DV**

④ **Get Enough of these Nutrients**

|                   |     |
|-------------------|-----|
| Dietary Fiber 0g  | 0%  |
| Sugars 5g         |     |
| <b>Protein</b> 5g |     |
| Vitamin A         | 4%  |
| Vitamin C         | 2%  |
| Calcium           | 20% |
| Iron              | 4%  |

• 5% or less is Low

• 20% or more is High

⑤ **Footnote**

|   |           |         |         |
|---|-----------|---------|---------|
| * Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs. |           |         |         |
|   | Calories: | 2,000   | 2,500   |
| Total Fat   | Less than | 65g     | 80g     |
| Sat Fat   | Less than | 20g     | 25g     |
| Cholesterol   | Less than | 300mg   | 300mg   |
| Sodium  | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate  |           | 300g    | 375g    |
| Dietary Fiber   |           | 25g     | 30g     |





## Serving Size

① Start Here →

| Nutrition Facts        |              |
|------------------------|--------------|
| Serving Size           | 1 cup (228g) |
| Servings Per Container | 2            |

- Serving sizes are standardized to make it easy to compare like food items; they are provided in units such as cups or pieces and are followed by the metric amount (e.g. the number of grams).
- The size of the serving on the food package influences the number of calories and all the nutrient amounts listed on the top part of the label.
- **Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming"? (e.g., 1/2 serving, 1 serving, or more)**







# Calories

| Amount Per Serving |                                       |
|--------------------|---------------------------------------|
| (2) Check Calories | Calories 250    Calories from Fat 110 |

- Calories provide a measure of how much energy you get from a serving of this food.

**Remember: the number of servings you consume determines the number of calories you actually eat (your portion amount).**

- Below is a general guide to calories (based on a 2,000 calorie diet)
  - 40 Calories is low
  - 100 Calories is moderate
  - 400 Calories or more is high

**Note: Eating too many calories per day is linked to overweight and obesity.**





## Nutrients

**Limit these Nutrients.** Eating too much fat, saturated fat, *trans* fat, cholesterol, or sodium may increase your risk of certain chronic diseases, like heart disease, some cancers, or high blood pressure.

3 **Limit these  
Nutrients**

|                        | % Daily Value* |
|------------------------|----------------|
| Total Fat 12g          | 18%            |
| Saturated Fat 3g       | 15%            |
| Trans Fat 3g           |                |
| Cholesterol 30mg       | 10%            |
| Sodium 470mg           | 20%            |
| Total Carbohydrate 31g | 10%            |

**Get Enough of these Nutrients.** Most Americans don't get enough dietary fiber, vitamin A, vitamin C, calcium, and iron in their diets. Eating enough of these nutrients can improve your health and help reduce the risk of some diseases and conditions.

4 **Get Enough  
of these  
Nutrients**

|                   |     |
|-------------------|-----|
| Dietary Fiber 0g  | 0%  |
| Sugars 5g         |     |
| <b>Protein 5g</b> |     |
| Vitamin A         | 4%  |
| Vitamin C         | 2%  |
| Calcium           | 20% |
| Iron              | 4%  |





## Footnote

Note the \* used after the heading "%Daily Value" on the Nutrition Facts label. It refers to the Footnote in the lower part of the nutrition label, which tells you "**%DVs are based on a 2,000 calorie diet**". This statement must be on all food labels, but the remaining information in the full footnote may not be on the package if the size of the label is too small.

### 5 Footnote

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Sat Fat            | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |





## Percent Daily Value (%DV)

- The % Daily Values (%DVs) are based on the Daily Value recommendations for key nutrients and are based on a 2,000 calorie daily.
- The %DV can be used as a frame of reference whether or not you consume more or less than 2,000 calories.
- The %DV helps you determine if a serving of food is high or low in a nutrient.
  - 5% DV or less is low
  - 20% DV or more is high

| % Daily Value*         |     | 6                     | Quick Guide to % DV |
|------------------------|-----|-----------------------|---------------------|
|                        |     |                       |                     |
| Total Fat 12g          | 18% |                       | • 5% or less is Low |
| Saturated Fat 3g       | 15% |                       |                     |
| Trans Fat 3g           |     |                       |                     |
| Cholesterol 30mg       | 10% |                       |                     |
| Sodium 470mg           | 20% |                       |                     |
| Total Carbohydrate 31g | 10% | • 20% or more is High |                     |
| Dietary Fiber 0g       | 0%  |                       |                     |
| Sugars 5g              |     |                       |                     |
| Protein 5g             |     |                       |                     |
| Vitamin A              | 4%  |                       |                     |
| Vitamin C              | 2%  |                       |                     |
| Calcium                | 20% |                       |                     |
| Iron                   | 4%  |                       |                     |





## Activity!

Let's practice reading and comparing two labels.

Hot Dogs (8 ct. package)

| Nutrition Facts  |                       |
|--|-----------------------|
| Serving Size: 1 link (57g)   |                       |
| Amount Per Serving   |                       |
| Calories 170   | Calories from Fat 130 |
| %  |                       |
| Daily Values*  |                       |
| Total Fat 14g  | 22%                   |
| Saturated Fat 6g   | 30%                   |
| Polyunsaturated Fat 0g   |                       |
| Trans Fat 1g   |                       |
| Cholesterol 34mg   | 11%                   |
| Sodium 530mg   | 22%                   |
| Total Carbohydrate 2g  | 1%                    |
| Dietary Fiber 0g   | 0%                    |
| Sugars 1g  |                       |
| Protein 8g   |                       |
| Vitamin A 1%   | Vitamin C -           |
| Calcium -  | Iron 4%               |
| * Percent Daily Values are based on a 2000 calorie diet.<br>Your daily values may be higher or lower depending on<br>your calorie needs. |                       |

Chunk Light Tuna (5oz. can)

| Nutrition Facts  |                     |
|--|---------------------|
| Serving Size: 1/4 cup (2oz)  |                     |
| Amount Per Serving   |                     |
| Calories 50  | Calories from Fat 5 |
| %  |                     |
| Daily Values*  |                     |
| Total Fat 1g   | 2%                  |
| Saturated Fat 0g   | 0%                  |
| Polyunsaturated Fat 0g   |                     |
| Monounsaturated Fat 0g   |                     |
| Trans Fat 0g   |                     |
| Cholesterol 25mg   | 8%                  |
| Sodium 180mg   | 8%                  |
| Potassium 100mg  |                     |
| Total Carbohydrate 0g  | 0%                  |
| Dietary Fiber 0g   | 0%                  |
| Sugars 0g  |                     |
| Protein 10g  |                     |
| Vitamin A 0%   | Vitamin C 0%        |
| Calcium 0%   | Iron 4%             |
| * Percent Daily Values are based on a 2000 calorie diet.<br>Your daily values may be higher or lower depending on<br>your calorie needs. |                     |





## Nutrition Facts Label Worksheet

### STEP 1: THE SERVING SIZE

- What is the serving size for hot dogs and tuna?

Hot dogs\_\_\_\_\_ Tuna\_\_\_\_\_

### STEP 2: CALORIES (AND CALORIES FROM FAT)

- How many calories per serving are in each item?

Hot dogs\_\_\_\_\_ Tuna\_\_\_\_\_

- How many calories from fat are available per serving of each item?

Hot dogs\_\_\_\_\_ Tuna\_\_\_\_\_

### STEP 3 & 4: THE NUTRIENTS: HOW MUCH?

- How much sodium per serving are in each item?

Hot dogs\_\_\_\_\_ Tuna\_\_\_\_\_

### STEP 5: UNDERSTANDING THE FOOTNOTE ON THE BOTTOM OF THE NUTRITION FACTS LABEL

- All of the information on the Nutrition Facts Label is based on how many calories a day?\_\_\_\_\_

### STEP 6: THE PERCENT DAILY VALUE (%DV)

- List 3 differences you see in the daily values of the hot dog label and tuna label.

\_\_\_\_\_  
\_\_\_\_\_







# You Did It!

You've completed the  
Portions Matter Lesson!







# Optional Homework Assignments

- Daily Food Group Target
- Label Scavenger Hunt





# Homework Assignment #1

Instructions:

1. Refer to the daily recommendation charts for each food group.
2. Find the recommendation for your age and gender for each food group.
3. Answer the questions on the worksheet provided.





## Daily Food Group Target Worksheet

Name: \_\_\_\_\_

Date: \_\_\_\_\_

Use the food group charts from this lesson to determine your recommended daily food group targets.

1. How many cups of Fruits do you need in a day? \_\_\_\_\_ cups
2. How many cups of Vegetables do you need in a day? \_\_\_\_\_ cups
3. How many ounces of Grains do you need in a day? \_\_\_\_\_ ounces
4. How many ounces of Protein Foods do you need in a day? \_\_\_\_\_ ounces
5. How many cups of Dairy do you need in a day? \_\_\_\_\_ cups
6. Do you think you meet your daily food group targets on a typical day?

Check one:

☐ Yes

☐ No

If you answered no, which food group(s) could you improve on and how?

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# Homework Assignment #2

Instructions:

1. Recall the information you learned about the Nutrition Facts label.
2. Read over the questions on the worksheet provided.
3. Use food items you see in your home kitchen, the school cafeteria, or at a local store to answer the questions.

Optional: Ask students to share their answers with the class.



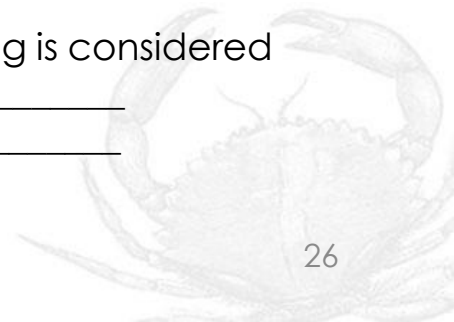


## Nutrition Facts Scavenger Hunt Worksheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

To answer the questions below you can use foods found in your kitchen, the school cafeteria, or at a local store.

1. Identify one food that is labeled a whole grain: \_\_\_\_\_
2. Identify one food that is considered low in fat (less than 5% total fat per serving): \_\_\_\_\_
3. Identify one food that is considered high in fat (20% or more total fat per serving): \_\_\_\_\_
4. Identify a food that is high in at least one of the key nutrients of calcium, iron, Vitamin A, or Vitamin C. \_\_\_\_\_
5. Identify a food that is a good source of fiber (3 grams of fiber per serving is considered good, and 5 or more grams per serving is excellent): \_\_\_\_\_  
\_\_\_\_\_





# We value your feedback!

Please take a moment  
to complete the online survey.

Below is a survey link for students and a separate link for the instructor.

[Student Survey](#)

[Instructor Survey](#)

