<table>
<thead>
<tr>
<th>Lesson 4 - Portion sizes</th>
<th>Objectives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activities</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sizing it up</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Review the meal plans and assist as necessary to fit the participants meal plan.</td>
<td>Identify the correct portion size for food they commonly eat.</td>
</tr>
<tr>
<td>Have measuring cups and foods to measure (cooked rice, beans and pasta and cereal) to determine portion sizes.</td>
<td>Using their own tableware, know what a serving looks like.</td>
</tr>
<tr>
<td>The participant place servings on their plates and then measure them to determine portion sizes.</td>
<td>Use portion size, the exchange list and food labels to plan meals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Learning Method</th>
<th>Handouts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lecture and Handout</td>
<td>Sizing it up</td>
</tr>
<tr>
<td>Carb Counter Booklet and Fast Food Guide</td>
<td></td>
</tr>
<tr>
<td>Serve pasta, rice, beans and cereal in tableware from home and measure portion size.</td>
<td></td>
</tr>
<tr>
<td>Item</td>
<td>Groceries</td>
</tr>
<tr>
<td>------</td>
<td>-----------</td>
</tr>
</tbody>
</table>
|      | Refrigerated pie crust,  
|      | 1/2 (15 ounce) package of 
|      | bag frozen mixed berries,  
|      | (15 ounce can), 1/4 ounce 
|      | flour, pitted Bing cherries |
|      | Bread     |
|      | Garlic, margarine, French |
|      | Cheese    |
|      | mozzarella cheese, parmesan |
|      | 8 ounces shredded 
|      | low fat cheese, ricotta cheese |
|      | 15 ounce cans tomato sauce, 15 |
|      | cloves garlic, olive oil, 2 - 15 |
|      | onion, 2 stalks celery, 4 |
|      | summer squash, 1 medium 
|      | small zucchini, 2 small |
|      | No cook lasagna noodles, 2 |
|      | Cherry berry cobbler |
|      | Garlic Bread |
|      | Vegetable Lasagna |

**Whisking Your Way to Health**
<table>
<thead>
<tr>
<th>Set Goal</th>
<th>Cooking Plan</th>
<th>Cooking Utensils</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prepare bread</td>
<td>Salad bowl</td>
<td>Lemonade</td>
</tr>
<tr>
<td>Prepare vegetable lasagna</td>
<td>Cutting board</td>
<td>Walnut vinaigrette</td>
</tr>
<tr>
<td>Prepare cobbler</td>
<td>Spatula</td>
<td>Salad with raspberry</td>
</tr>
<tr>
<td>Prepare salad</td>
<td>Mixing bowls</td>
<td></td>
</tr>
<tr>
<td>Group 2</td>
<td>Carrot peeler</td>
<td></td>
</tr>
</tbody>
</table>

**Whisking Your Way to Health**
Vegetable Lasagna

2 small zucchini sliced lengthwise
2 small summer squash sliced lengthwise
1 medium onion sliced
4 cloves garlic, minced
2 stalks celery, sliced

1. Preheat oven to 375°F.
2. In a large bowl, whisk together the pasta sauce, ricotta cheese, mozzarella cheese, and Italian seasoning. Set aside.
3. In a separate bowl, combine the chopped vegetables and 1/4 cup of the pasta sauce mixture. Mix well and set aside.
4. In a 9x13 inch baking dish, layer 1/3 of the pasta sauce mixture, 1/3 of the vegetable mixture, and 1/3 of the pasta sheets. Repeat layers twice, ending with pasta sheets.
5. Cover the dish with aluminum foil and bake for 45 minutes.
6. Remove from oven and let cool for 10 minutes before serving.

Cherry Berry Cobbler

1 1/3 cups sugar (Splenda)
1/2 cup all purpose flour
1/2 cup margarine melted
1/3 cup grated orange rind
1/2 teaspoon almond extract
1 (15 ounce) bag frozen mixed berries thawed and drained
1 (15 ounce) refrigerated pie crust

1. Preheat oven to 375°F.
2. In a large bowl, whisk together the sugar, flour, and melted margarine.
3. Stir in the orange rind and almond extract.
4. Add the thawed berries and mix well.
5. Spoon into a lightly greased 1 x 7 inch baking dish. Cut pie crust into 1/2 inch wide strips and make a lattice design over the fruit mixture.
6. Bake at 425 degrees for 45 minutes or until crust is golden brown and center is bubbly.
Whisking Your Way to Health

Page 5 of 5
Lesson 4 Lesson Plan

Wish Basket Bread Halved Lengthwise

1 cup butter softened

Garlic Bread

Broil for 2 minutes until brown

Bake at 375 degrees for 8 minutes

Place on a baking sheet

Spread on the cut halves of the bread.

In a small bowl, combine the 1 cup of Italian dressing, "parsley, and the garlic.

1/4 cup dried parsley

1/4 cup minced garlic

1/4 cup minced French Bread

1/4 cup minced Italian dressing

Bake in a 350 degree oven for 10 to 15 minutes

Finish with tomato sauce, mozzarella and Parmesan cheese

Layer with tomato sauce, mozzarella and Parmesan cheese

Cook lasagna noodles

Add 2 - 15 ounces Tomatoes, salt and pepper - simmer

Sprinkle for 5 minutes

2 Tablespoons olive oil

Class Simpsons
Whisking Your Way to Health
### Shopping List

**Lesson 4**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lasagna noodles*</td>
<td>1 box</td>
<td>$1.39</td>
</tr>
<tr>
<td>Garlic</td>
<td>1 bulb</td>
<td>$1.00</td>
</tr>
<tr>
<td>Zucchini</td>
<td>2 small</td>
<td>$1.49</td>
</tr>
<tr>
<td>Summer Squash</td>
<td>2 small</td>
<td>$1.49</td>
</tr>
<tr>
<td>Onion</td>
<td>1 bag</td>
<td>$1.99</td>
</tr>
<tr>
<td>Tomato sauce*</td>
<td>15 ounce - 2</td>
<td>$1.52</td>
</tr>
<tr>
<td>Ricotta cheese low fat</td>
<td>15 ounces</td>
<td>$2.00</td>
</tr>
<tr>
<td>Mozzarella cheese</td>
<td>8 ounces</td>
<td>$2.17</td>
</tr>
<tr>
<td>French bread</td>
<td>1 loaf</td>
<td>$1.00</td>
</tr>
<tr>
<td>Bing Cherries Lite*</td>
<td>16 ounces</td>
<td>$3.95</td>
</tr>
<tr>
<td>Frozen mixed berries</td>
<td>16 ounces</td>
<td>$2.30</td>
</tr>
<tr>
<td>Pie crust</td>
<td>1 package</td>
<td>$2.19</td>
</tr>
<tr>
<td>Orange</td>
<td>1 medium</td>
<td>$0.50</td>
</tr>
<tr>
<td>Raspberry walnut vinegarrette</td>
<td>1 bottle</td>
<td>$2.00</td>
</tr>
<tr>
<td>Lettuce, red and green leaf</td>
<td>2 bunches</td>
<td>$2.80</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>2 medium</td>
<td>$1.49</td>
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<tr>
<td>Cucumber</td>
<td>1</td>
<td>$1.00</td>
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<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>$30.28</strong></td>
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</tbody>
</table>

*Items in staples - Total less these items 

**Staples**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Parmesan Cheese</td>
<td>1 can</td>
<td>$2.98</td>
</tr>
<tr>
<td>Margarine</td>
<td>1 box</td>
<td>$0.99</td>
</tr>
<tr>
<td>Flour</td>
<td>1 small bag</td>
<td>$1.79</td>
</tr>
<tr>
<td>Pam cooking Spray</td>
<td>1 can</td>
<td>$2.69</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>$8.45</strong></td>
</tr>
</tbody>
</table>
Lesson 4 Portion Control  Pre-test - Post test

1. One serving of pasta is _______ cup(s)
   The portion on my plate is _______ cup(s)

2. One serving of rice is _______ cup(s)
   The portion on my plate is _______ cup(s)

3. One serving of beans is _______ cup(s)
   The portion on my plate is _______ cup(s)

4. In your bowl place 1/2 cup of cereal
   The portion in my bowl is _____ cup(s)
   In your bowl place 3/4 cup of cereal
   The portion in my bowl is _____ cup(s)

5. Pour 4 ounces of liquid in your glass
   The portion in my glass is ______ ounces

My goal this past week was ___________________________
I met it ___ all the time ___ most time
    ___ some times ___ did not work on it

My goal for next week: I will ___________________________
How much ___________________________
How often ___________________________
When ___________________________
Whisking your way to Health

A cooking program for people with diabetes

Portion Size

When did **BIGGER** is better start?

Portion Size

Why the larger size?

- Larger sizes are selling point
- Restaurants are using larger dinner plates
- Bakers are using larger muffin tins
- Pizzerias are using larger pans
- Fast food companies are using larger French fry and drink containers

Makers of diet meals such as *Weight Watchers* and *Lean Cuisine* advertise larger meal sizes

Larger sizes are promoted on the menu

Identical recipes for cookies and cakes in classic cookbooks now indicate fewer servings but the same amount of ingredients

Automobile manufacturers are making drink holders larger
Portion Distortion

National Heart, Lung, and Blood Institute
Obesity Education Initiative

BAGEL

20 Years Ago
140 calories
1-inch diameter

Today
2.5-inch diameter

How many calories are in this bagel?

Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out

If you walk 10,000 steps in 45 minutes you will burn the extra 210 calories.

*Based on 140-pound person

CHEESEBURGER

20 Years Ago
333 calories

Today

How many calories are in today’s cheeseburger?

*Based on 140-pound person
CHEESEBURGER

20 Years Ago
355 calories

Today
799 calories
Calorie Difference: 444 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In - Calories Out

2. How long would you have to lift weights in order to burn the extra 274 calories?
*Based on 150-pound person

Calories In = Calories Out

1. You lift weights for 1 hour and 30 minutes, you will burn approximately 274 calories.
*Based on 150-pound person

SPAGHETTI AND MEATBALLS

20 Years Ago

Today

500 calories
1 cup spaghetti with sauce and 1 small meatball

1,025 calories
2 cups of pasta with sauce and 3 large meatballs
Calorie Difference: 525 calories

How many calories do you think are in today's portion of spaghetti and meatballs?

SPAGHETTI AND MEATBALLS

20 Years Ago

Today

500 calories
1 cup spaghetti with sauce and 1 small meatball

1,025 calories
2 cups of pasta with sauce and 3 large meatballs
Calorie Difference: 525 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In - Calories Out

2. How long would you have to lift weights in order to burn the extra 525 calories?
*Based on 150-pound person
Calories In = Calories Out

FRENCH FRIES
20 Years Ago
210 Calories
2.4 ounces

Today
230 Calories
2.4 ounces

How many calories are in today's portion of fries?

Calories In = Calories Out

FRENCH FRIES
20 Years Ago
210 Calories
2.4 ounces

Today
230 Calories
2.4 ounces

Caloric Difference: 20 Calories

Maintaining a healthy weight is a balancing act.

Calories In = Calories Out

SODA
20 Years Ago
15 Calories
6.5 ounces

Today
15 Calories
6.5 ounces

How many calories are in today's portion?
SODA

20 Years Ago
85 Calories
6.5 ounces

Today
240 Calories
20 ounces

Calorie Difference: 155 Calories

Maintaining a Healthy Weight is a Balancing Act
Calories In vs Calories Out

How many calories are in today's soda?

*Based on 100-pound person

Calories In = Calories Out

If you walk on the treadmill for 35 minutes, you will burn approximately 165 calories.

*Based on 100-pound person

TURKEY SANDWICH

20 Years Ago
320 calories

Today
320 calories

Calorie Difference: 0 calories

How many calories in today's turkey sandwich?

*Based on 100-pound person
Calories In - Calories Out

1 hour and 25 minutes, you will burn approximately 200 calories.

COFFEE

10 Years Ago
Coffee (with whole milk and sugar)

Today
Macchiato Coffee (with steamed whole milk and macchiato syrup)

45 calories
8 ounces

Calorie Difference: 158 calories

Muffin

20 Years Ago

Today

20 calories
1.5 ounces

Calorie Difference: 195 calories
Calories In = Calories Out

Play golf (with walking and carrying your clubs) for 1 hour: approximate 450 calories.

Based on component pieces.

CHICKEN CAESAR SALAD

20 Years Ago
390 calories
1 1/2 cups

Today
390 calories
3 1/2 cups

Calorie Difference: 0 calories

Based on 50 pound piece.

Maintaining a Healthy Weight is a Balancing Act

Calories In = Calories Out

How many calories are in today’s chicken Caesar salad?

How many calories are in today’s large popcorn?

Based on 50 pound piece.

Calories In = Calories Out

Walk the dog for 1 hour and 20 minutes: approximate 400 calories.

Based on 10 pound piece.
Calories In = Calories Out

1 1/2 cup plain yogurt: 88 calories
2 cups lowfat soy milk: 116 calories

CHOCOLATE CHIP COOKIE

20 Years Ago

35 calories
1.5 inch diameter

Today

35 calories
1.5 inch diameter

How many calories are in today's large cookie?

Caloric Differences: 220 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

How much will you have to weigh to burn off 170 calories?

Based on 120-pound person

CHICKEN STIR FRY

20 Years Ago

435 calories
2 cups

Today

How many calories are in today’s chicken stir fry?

Based on 120-pound person
CHICKEN STIR FRY

20 Years Ago
4 oz of raw broccoli: 43 calories
2 cups

Today
4 oz of raw broccoli: 86 calories
4 cups

Calorie Difference: 43 calories

Maintaining a Healthy Weight is a Balancing Act
Calories In = Calories Out

1 cup of steamed broccoli contains approximately 50 calories.

Calories In = Calories Out

1 cup of steamed broccoli contains approximately 50 calories.

1 cup of steamed broccoli: 50 calories

1 cup of steamed broccoli: 50 calories

Based on 150 pound person.
Welcome to class four.
How has your week been/
Have you made any changes in your meals?

Today we are going to talk about portion sizes.

When did bigger is better start?
According to an article in the American Journal of Public Health this change in portion size started in the 70's. Portion size increased sharply in the 80's. Today's burgers, fries and drinks are two to five times larger than those of the early 70's.
Why the larger size?

- Larger sizes are selling point
- Restaurants are using larger dinner plates
- Bakers are using larger muffin tins
- Pizzerias are using larger pans
- Fast food companies are using larger French fry and drink containers

- Makers of diet meals such as Weight Watchers and Lean Cuisine advertise larger meal sizes
- Larger sizes are promoted on the menu
- Identical recipes for cookies and cakes in classic cookbooks now indicate fewer servings but the same amount of ingredients
- Automobile manufacturers are making drink holders larger
Overall the observations indicated that the portion sizes of virtually all food and beverages prepared for immediate consumption have increased and now appear typical.

Let's look at some portions that have increased in size over time and the amount of exercise it would take to burn off the extra calories.

Show the remaining slides and let the group guess the calorie difference and the amount of exercise.
Lesson 4

Portion Size

- Identify correct portion size for foods you commonly eat
- Using common household items to help determine portion size
- Use portion size, the exchange list and food labels to plan meals
- Make an individualized Meal Planning Placemat

Let's Cook

- Vegetable Lasagna
- Salad
- Garlic Bread
- Cherry Berry Cobbler
- Iced tea

My healthy food goal for this week:

I will

Homework

- Continue to work on planning balanced meals
- Meet at HEB on I-45 and 646 a little before 10:00 AM next week
Sizing It Up

**Woman's fist or baseball**
A serving of vegetables or fruit is about the size of your fist or a baseball.

**A rounded handful** - about one half cup cooked or raw veggies or cut fruit, a piece of fruit, or ½ cup of cooked rice or pasta - this is a good measure for a snack serving, such as chips or pretzels.

**Deck of cards** - a serving of meat, fish or poultry or the palm of your hand (don't count your fingers!) pound hamburger patty or a medium pork chop.

**Golf ball or large egg**
One quarter cup of dried fruit or nuts.

**Tennis ball** - about one half cup of ice cream.

**Computer mouse**
About the size of a small baked potato.
Compact disc - about the size of one serving of pancake or small waffle

Thumb tip
about one teaspoon of peanut butter

Six dice - a serving of cheese

Check book
a serving of fish
(approximately 3 oz.)

Source: www.mealsmatter/eatingforhealth
## Meals on the Go

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th># Servings</th>
<th>Carbs</th>
<th>Fat</th>
</tr>
</thead>
</table>

## Fats

<table>
<thead>
<tr>
<th>Food</th>
<th>Amount</th>
<th># Servings</th>
<th>Fat</th>
</tr>
</thead>
</table>
Lesson 1, 2, 3 & 4 Placemat Activity

Carbohydrates

Food

Amount

# Servings

Carbs

Protein

Food

Amount

# Servings

Beverage

Drink

Amount

# Serving

Carbs
My Calorie Meal Plan

Protein

Food

Amount

Servings

Sweet and Dessert

Food

Amount

Servings

Carbs
# 1
Place one serving of spaghetti on your plate

Measure the spaghetti on your plate
Answer the question on the test
Write down your portion amount
# 2

Place one serving of Rice on your plate

Measure the Rice on your plate

Answer the question on the test

Write down your portion amount
#3
Place one serving of Beans on your plate

Measure the Beans on your plate
Answer the question on the test
Write down your portion amount
# 4
Place one serving of Cereal in your bowl

Measure the Cereal in your bowl

Write down your portion amount
# 5

Pour 4 ounces of liquid into your glass

Measure the liquid in your glass

Write down your portion amount
Cherry Berry Cobbler

1 1/2 cups sugar
1/2 cup Splenda® and 1/2 cup sugar
4 tbsp grated orange rind
1/2 cup margarine, melted
1/2 cup all-purpose flour
1 tbsp orange extract
1 cup pitted Bing Cherries, undrained
1 cup frozen mixed berries, thawed and undrained
1 (14 ounce) bag frozen mixed berries
1 (15 ounce) refrigerated pie crust

Stir together the first 5 ingredients in a large bowl. Gently stir cherries and berries into the mixture.

Bake at 425 degrees for 45 minutes or until crust is golden brown and center is bubbly.

Cut pie crust into 1/2 inch wide strips and make a lattice design over the fruit mixture.

Spoon into a lightly greased 1 1/4 inch baking dish.
Slice to serve

Broil for 2 minutes until brown

Bake at 375 degrees for 8 minutes

Place on a baking sheet.

Spread on the cut halves of the bread.

In a small bowl, combine the butter, parsley and the garlic.

1 loaf French bread halved lengthwise
1 tablespoon minced parsley
4 cloves garlic minced
3/4 cup butter softened

Garlic Bread
Vegetable Lasagna

Cheese:
- 1/2 cup grated Parmesan cheese, divided
- 1 cup chopped zucchini
- 1 cup chopped yellow squash
- 2 tsp minced garlic
- 2 large celery stalks, chopped
- 1 large onion diced (1 1/2 cups)
- 2 Tbsp olive oil

Other:
- 1/2 tsp salt
- 1 tsp dried oregano leaves
- 1 tsp dried thyme leaves
- 2 15-oz cans low-sodium or regular tomato sauce
- 1 8-oz package shredded ricotta cheese
- 9 lasagna noodles

Pinch of ground black pepper
Preheat the oven to 350 degrees.

In a medium pot over medium heat, combine the oil, onion, celery, and garlic. Cook over medium heat, stirring frequently, until the onion is softened, about 5 or 6 minutes.

Add the tomato sauce, zucchini, thyme, oregano, salt, and pepper. Bring to a boil. Reduce the heat, and simmer about 10 minutes or until the flavors begin to blend.

Spread a thick layer of sauce (about 1 1/2 cups) in the bottom of a 9 x 13-inch pan.

Arrange a layer of 3 noodles over the sauce. Top with 1/3 of the ricotta cheese, spreading it out evenly with the back of a spoon. Sprinkle with 1/3 of the mozzarella cheese. Add another layer of 3 noodles, then the remaining ricotta, then the remaining mozzarella. Add 1/3 of the remaining sauce. Finish with a final layer of the remaining sauce.

Bake for 35 to 40 minutes until the top begins to brown. Let the lasagna stand for 5 minutes before cutting into 8 portions.

Serve hot.