

What's in a Serving size?

Summary

Inquiry-based, hands-on lab to give students opportunity to compare what they think a serving size is to the recommended serving size.

Main Core Tie

Health Education I (7-8)

[Strand 5: NUTRITION \(N\) Standard HI.N.2:](#)

Time Frame

1 class periods of 45 minutes each

Group Size

Pairs

Materials

Six different foods such as cereals, pasta, bread, etc. Measuring cups Worksheet to record data and answer questions

Intended Learning Outcomes

Students will be able to understand that there may be a difference between recommended and their own serving sizes. Why are serving sizes important in relation to total calories and other nutrients intake?

Instructional Procedures

Students will travel through several lab stations, where they will first estimate the serving size for each food, and then measure the actual serving size. They will record and analyze their data, and discuss the result with their classmates.

Assessment Plan

Questions from the lab worksheet Class discussion

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