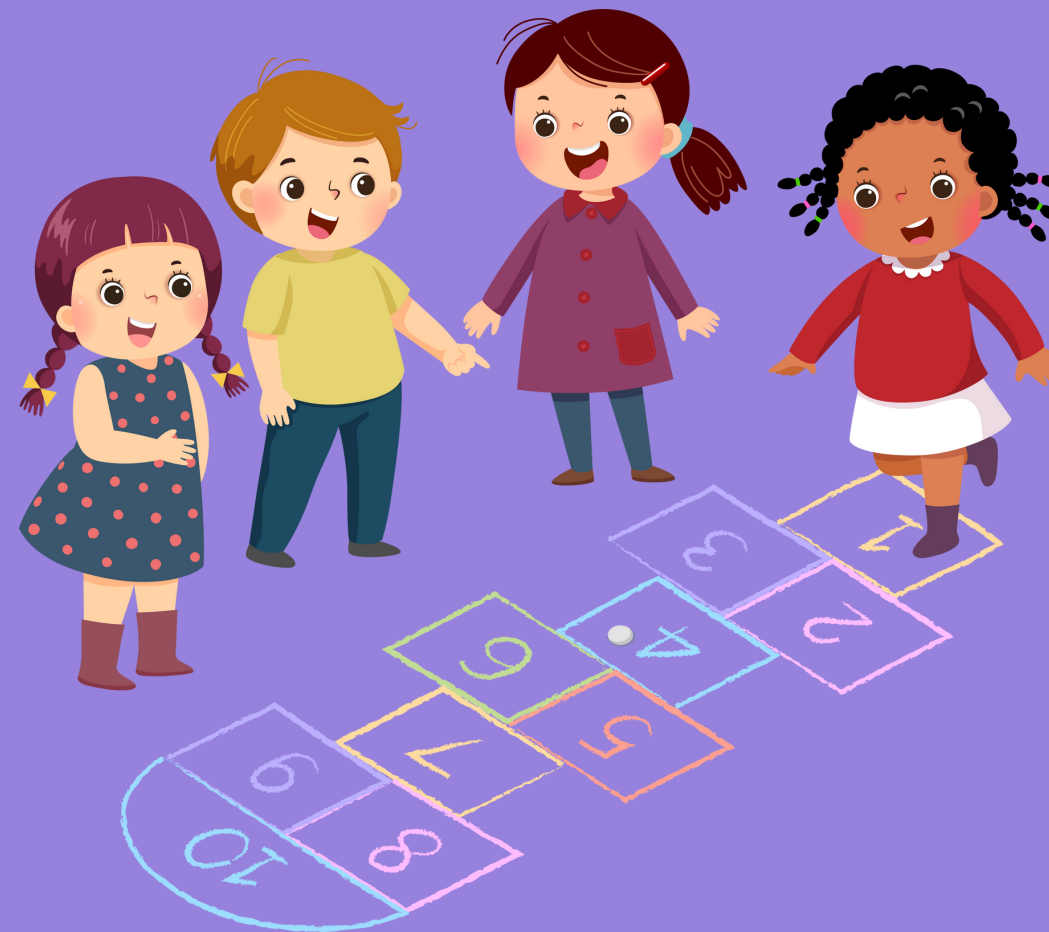


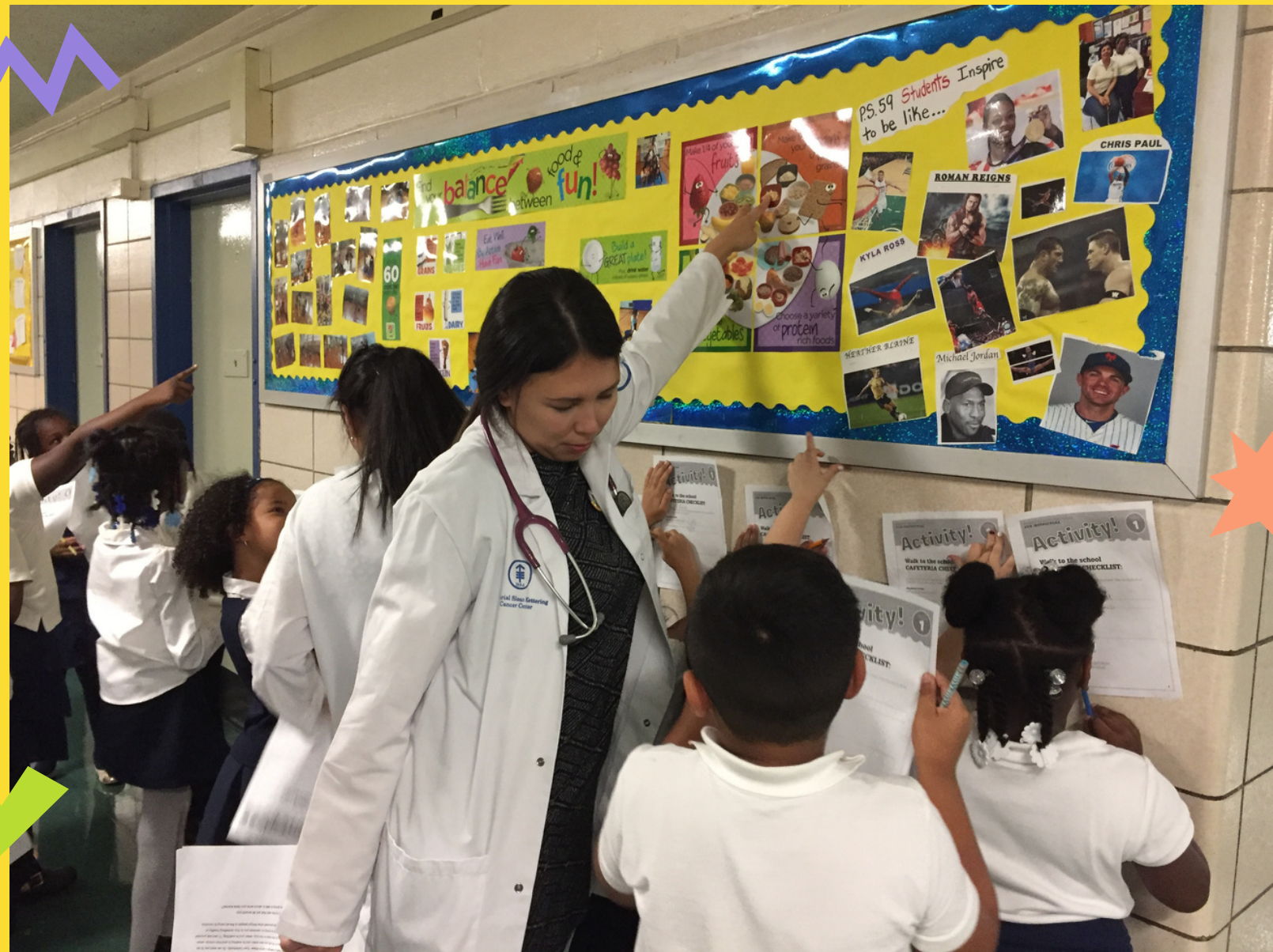
Lesson 6



EAT TO ENJOY YOUR LIFE!



WHO ARE WE AND WHY ARE WE IN YOUR CLASSROOM?



We are doctors and union members!

We want you and your families to be happy and healthy.

We will break it up to make it FUN for YOU

How will this go?



✿ We will move ✿ New challenge ✿ Fun activity

LET'S MOVE OUR BODIES!

You move how you move



Let's Review



Food portions have gotten way bigger



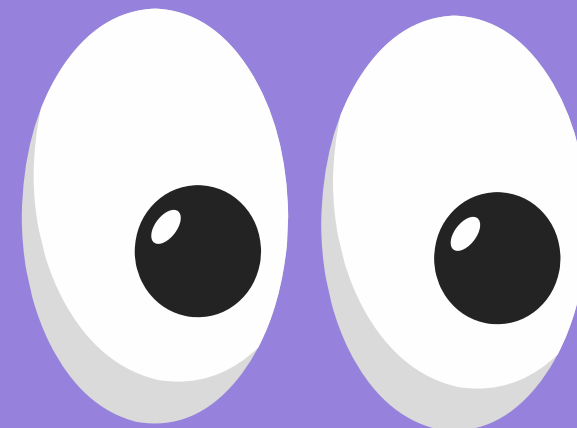
3 ways to determine serving size



1. Read labels
2. Use the plate method
3. Use your



or



Method #1: Portion vs. Serving Size

What's the difference?



Nutrition Facts	
Serving Size 1 oz (28g) About 15 chips	
Amount Per Serving	
Calories 160	Calories from Fat 90
% Daily Value*	
Total Fat 10g	16%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Potassium 350mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	5%
Sugars less than 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 0%	Iron 2%
Vitamin E 6%	Thiamin 4%
Niacin 6%	Vitamin B ₆ 10%
Magnesium 4%	Zinc 2%

One portion can be the whole bag of chips!

1 serving size = 15 chips

Method #2: Plate Method



My Plate Planner FOR CHILDREN AND TEENS



SKIM OR
1% MILK

The plate method
is a simple way
to learn healthy
portion sizes.

Just split the plate
into three parts:
the largest part
is for fruits and
vegetables.

Note to adults
planning meals for
young children:
Use a smaller plate
or serve smaller
portions if you
don't have different
plate sizes.



WATER

YOUR HAND CAN
HELP YOU MEASURE
THE RIGHT AMOUNT
OF FOOD TO EAT.

Use your hand to measure
out portions.



**Palm of
your hand**
Amount of
lean protein



Your fist
Amount of rice,
cooked pasta
or cereal



**Your
thumb**
Amount of
cheese



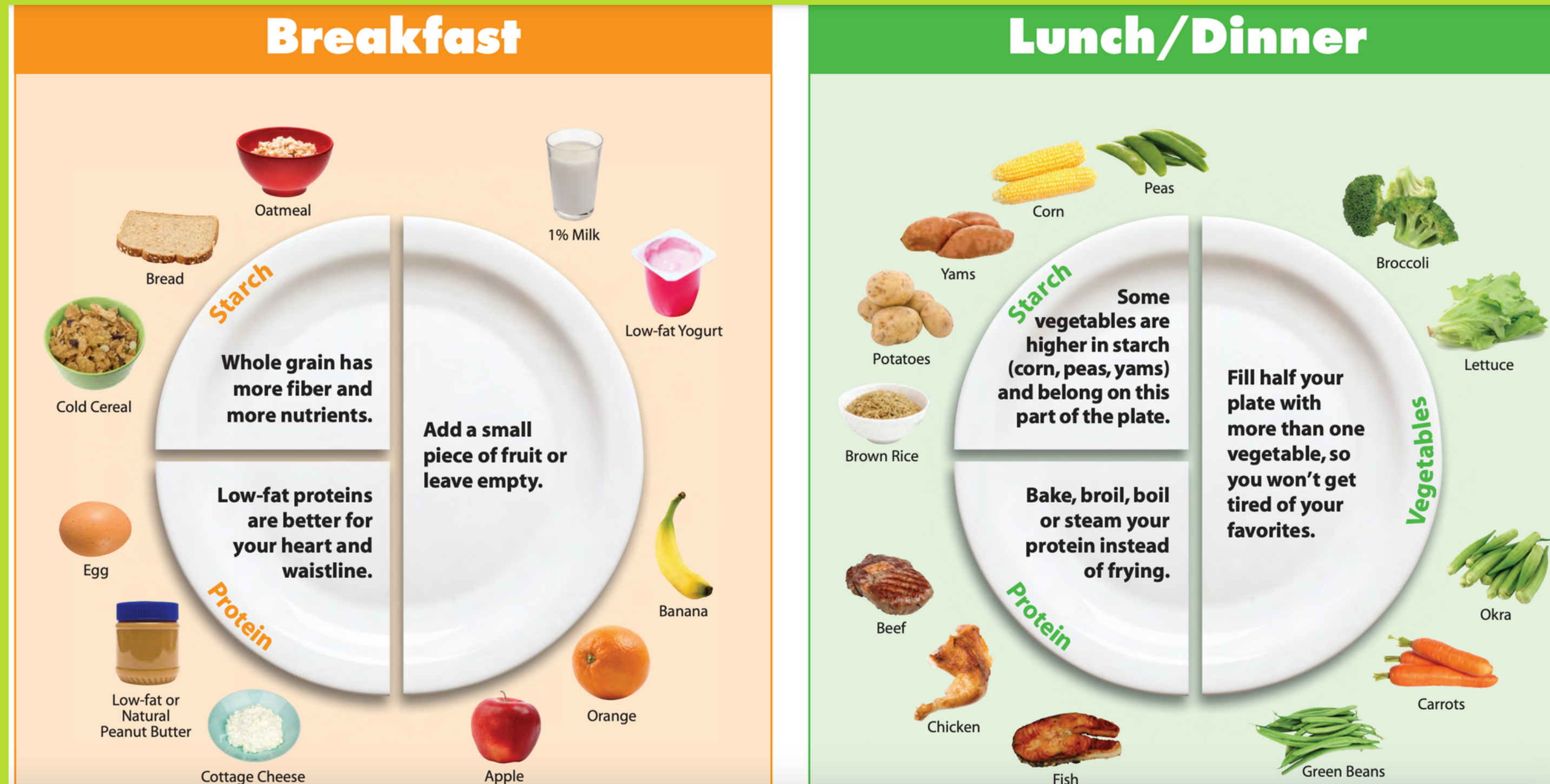
**Tip of
your thumb**
Amount of
peanut butter

Note to adults preparing meals
for young children: Use the size
of your child's hand to guide
their portion sizes.

NYC
Health



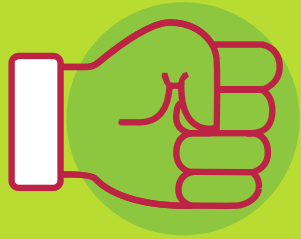
Method #2: Plate Method



Method #3: Use your hand to measure the right amount of food!



Palm of
your hand
Amount of
lean
protein



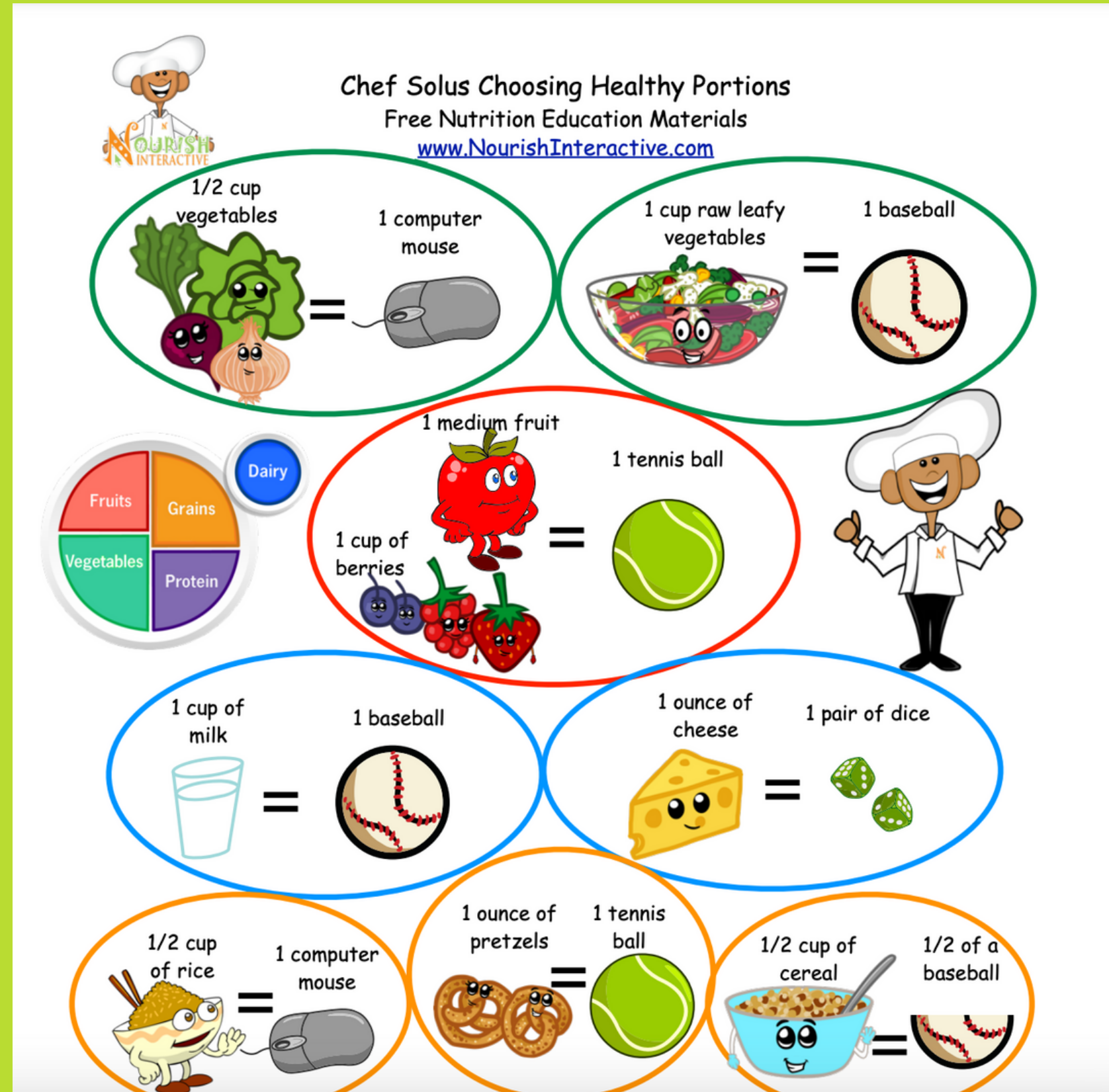
Your fist
Amount of rice,
cooked pasta
or cereal



Your
thumb
Amount of
cheese



Tip of
your thumb
Amount of
peanut butter



When is the right time to eat?



THE HUNGER SCALE

1

2

3

4

5

6

7

8

9

10

Ravenous

Uncomfortably
Hungry

Very
Hungry

A Little
Hungry

Neutral

Satisfied
& Light

Full

Very Full

Very
Uncomfortably
Full

Painfully
Full

... But I don't
serve my own
plate...



... But I don't
have my own
refrigerator...

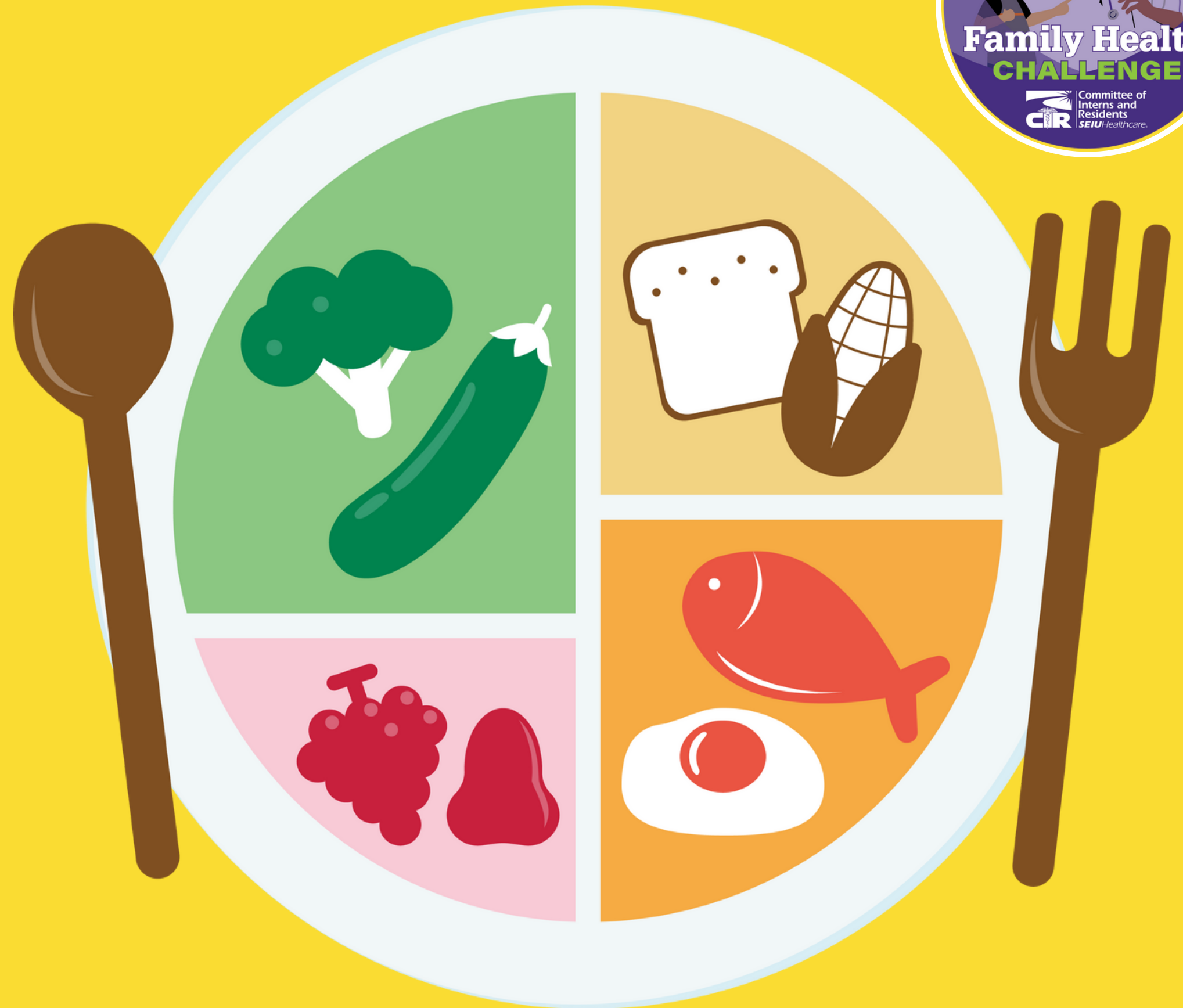


... But my
family and I
go out to eat...



ACTIVITY

Let's put a meal
together!





RECAP



What's one way to measure our
food?

SHARE IT!

Who can you tell about your challenge?

