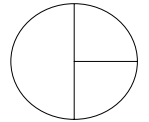


Tool Name: Food Portion Size Exercise

Use: To show appropriate portion size in comparison to the child’s “usual” portion consumed

Directions: Ask the child to draw his “usual meal” on a paper plate. Demo better choices on second paper plate (see below)

Suggest dividing the plate into 3 sections - draw an imaginary line through the center of the plate. Draw a line to divide one half section into two.



- About one-fourth of the plate should be filled with grains or starchy foods such as rice, pasta, potatoes, corn, a roll, or peas
- Another fourth should be protein -- foods like meat, fish, poultry, or tofu.
- One half of your plate should be filled with non-starchy vegetables like broccoli, carrots, cucumbers, salad, tomatoes, and cauliflower or other healthy sides – fruit, yogurt, soup etc.

Add a glass of non-fat milk (water or soy milk for children who are lactose intolerant/milk allergic, keep kosher, or don’t like milk.)

