



PURPOSE

Participants will be able to:

- Associate a serving size with common household items.
- Determine their own ability to accurately measure amounts of food.

SUPPLIES/EQUIPMENT NEEDED

- one (1) plastic bowl *
- one (1) plastic cup (at least 8 oz) *
- two (2) 1 cup dry measuring cups *
- two (2) 1 cup liquid measuring cups *
- one (1) baseball
- one (1) $\frac{1}{2}$ baseball
- one (1) gallon or $\frac{1}{2}$ gallon pitcher/container for liquid
- one (1) box of oat type cereal

* Asterisked Items—The actual number needed will depend on the size of the group and/or participant numbers circulating to the various workstations at any

(Continued on page 3)

MEASURING CUPS

- **Dry measuring cups** come in nested sets that can include 2-cup, 1-cup, 1/2-cup, 1/3-cup, 1/4-cup and 1/8-cup (2-tablespoon) sizes. Most ingredients are leveled off with the straight edge of a knife. Brown sugar, shortening, coconut, nuts and chocolate chips are handled differently. Use your finger to level off the cereal in this lesson.
- **Liquid measuring cups** range in size from 1 to 4 cups. To use, simply pour in liquid and read measurement at eye level.



GET FIT 4 LIFE

UNITS

- FIT FOR LIFE
- IS YOUR PLATE LOADED
- HOW MUCH IS TOO MUCH
- WHAT'S UP WITH THE LABEL
- IS THE GLASS 1/2 FULL OR 1/2 EMPTY
- MOVE IT OR LOOSE IT
- DUMP THE PLUMP
- A WALKING WATER BOTTLE
- GAME ON! FITNESS ACTIVITY SUPPLEMENT

TIME NEEDED

One on	15
One	minutes
Group	30-45
Setting	minutes

ACTIVITY**Measuring Up**

- Have the participants use a bowl to pour out what they “think” is a “serving” of cereal. Or, have them pour out the amount of cereal they eat in the morning.
- Then have the participant pour the cereal in their bowl, into the dry measuring cup. They can then determine how close they got to a “serving” or see how close to a serving they are eating when a bowl of cereal is poured.
- Have the participants attempt to pour $\frac{1}{2}$ cup/4 oz. of water into the cup provided. This is to represent 1 serving of fruit juice.
- Then let them pour that water into a liquid measuring cup to determine how close they measured to a $\frac{1}{2}$ cup.

Tips:

Between participants, pour water and cereal back into their respective container for re-use. Cereal should not be consumed after it is used in this activity.

Keep work area and floor clean.

Actual Serving Sizes

1. Introduce each of the everyday household items and the serving size they represent. (see table page 3)
2. Have participants match food items/food replicas with the appropriate everyday item.
3. Give the participant a plate and let them use the food replicas to build their own “MyPlate.” Encourage them to build a healthy and colorful plate.
4. Have them refer back to their “Food Intake Card” to see how it relates to their nutritional needs.

GET FIT 4 LIFE STATION

The “Measuring Up” activity can be used for the Get Fit 4 Life station. Place the bowls, cereal, dry and liquid measuring cups, water pitcher, and empty pitcher on the table. Supplies are in the Get Fit 4 Life Equipment/Supply Kit. Place the station sign on page 6 on the table with the supplies (a laminated copy is in the kit).

If room allows at the station, set up a display of the household items and food replicas so they can match up the food replicas with the appropriate everyday item. Display page 7 at the station (a laminated sign is in kit).

MY PLATE — CALORIE LEVEL

Calorie Level _____



Food Group	Amount
Grains	Ounces
Vegetables	Cups
Fruits	Cups
Dairy	Teaspoons
Protein Foods	Cups
Oil	Ounces
Solid Fat & Added Sugar	calories



For more information go to
<http://www.choosemyplate.gov/weight-management-calories.html>

ACTIVITY—continued

Everyday Item	Food Replica Size	Choose MyPlate Food Equivalent of Replica Food
Deck of Cards	hamburger - 3 oz. size chicken breast - 3 oz. size fish fillet - 3 oz. size	3 ounces Protein Foods group
Ping Pong Balls	peanut butter - 2 tablespoon	2 ounces Protein Foods group
2 Dominoes	1 cube of cheddar cheese - 1 oz. / cube slice of American cheese - 1 oz.	2/3 cup Dairy group
6 Dominoes	2 cubes of cheddar cheese - 1.5 oz/ cube	2 cups Dairy group
CD case	slice of bread	1 ounce Grains group
CD	pancake - 4" diameter	1 ounce Grains group
½ baseball	broccoli - ½ cup	Vegetables group
	yam - ½ cup	
	green beans - ½ cup	
	macaroni - ½ cup	1 ounce Grains group
	white rice - ½ cup	
	brown rice - ½ cup	
Baseball	applesauce - ½ cup	½ cup Fruits group
	refried beans - ½ cup	2 ounces Protein Foods group OR
	red beans - ½ cup	½ cup Vegetables group
	bowl of salad - 1 cup	½ cup Vegetables group
Stamp	baby carrots - 1 cup	1 cup Vegetable group
	tomato	
	baked potato	
	cup of milk - 8 oz.	1 cup Dairy group
	Peach	1 cup Fruits group
	Orange	
	pat of butter	35 Empty Calories

SUPPLIES/EQUIPMENT—continued

(Continued from page 1)

- pitcher/container of water
- towels/paper towels for cleanup
- Eight (8) Dominoes
- Two (2) Ping Pong Balls
- Deck of Cards
- CD Case
- CD
- Postage stamp (securely attached to a postcard)
- Food Replicas or actual food servings (see table page 3)
- Ropes, cones, or masking tape to mark boundary lines

Cutting a Baseball—a hacksaw or a band saw can be used to safely cut the baseball in half by adults.



RECREATION

Size It Up Relay!

Equipment/Supplies:

Serving size household items: Compact Disc, Compact Disc Case, Baseball (whole), Baseball (half), Ping Pong Ball, Stamp, Deck of Cards, and Domino.

Ropes, Cones, masking tape to mark boundary lines

Instructions:

1. Divide the group into two teams. Teams will line up single file behind the start line. Place another line/cones about 15 feet away from the start line where contestants will turn around.
2. Divide up the 8 items used to represent the food serving sizes and give to each team as follows:

Team 1 - Compact Disc, 1/2 Baseball, Ping Pong Ball, Stamp

Team 2 - Compact Disc Case, whole Baseball, Deck of Cards, Domino

3. The items are to be used/carried as props in a relay race.

Compact Disc or Compact Disc Case - This is your hat! Hold it on top of your head with one hand so that the wind won't blow it off.

Whole or half baseball - This is your knock knees! Place the ball between your knees and hold it there while you walk!

Ping Pong Ball or Deck of Cards - This is your spending money to purchase a snack! Hold it in the opposite hand from the hand you are holding your hat!

Stamp or Domino - This is your eye patch so you can focus on the path laid out for this relay AND the right serving sizes! Place the item over your eye, lean your head back/squeeze tight so that it won't fall off.

4. Each team member will use all items as described to travel to and turn around at the designated turning point. They must touch the line with a foot before returning to the start line, with all props in their assigned place.
5. If a participant drops an item, they must pick it up, return to the start line and begin again.

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PROCESS/EVALUATION

Questions you might ask...

- Are you eating more or less than a recommended serving of cereal and juice for breakfast?
- Are you accurately measuring out an appropriate serving amount based on a label. For many cereals, 1 cup is approximately 1 ounce of grains. A juice serving is usually 4 oz./1/2 cup.
- After participants have determined how many actual servings poured out, have them look at their "Food Intake Card" to see how many of their daily recommended servings are being consumed at breakfast.
- Ask participants to think about the amount/actual serving sizes they eat each day. Based on the Measuring Up activity ask do you think MyPlate food equivalents are being eaten each day?
- After completing the Actual Serving Size activity ask what did you learn and how do you plan to make changes?
- What was the most interesting thing you learned?

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REFERENCES

Get Moving, Get Healthy developed by 4-H Youth Development, Rutgers Cooperative Extension,. 2011.

The Power of Choice - Helping Youth Make Healthy Eating and Fitness Decisions - A Leader's Guide, United States Department of Agriculture - Food & Nutrition Service and U.S. Department of Health and Human Services - Food & Drug Administration, 2003.

Choose My Plate, United States Department of Agriculture,
www.choosemyplate.gov.

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HOW MUCH IS TOO MUCH

HOW MUCH CEREAL DO YOU EAT

- CHOOSE A CEREAL BOWL.
- POUR THE AMOUNT OF CEREAL INTO YOUR BOWL THAT YOU NORMALLY EAT.
- USING THE DRY MEASURING CUP, MEASURE THE CEREAL IN YOUR BOWL.
- IS THAT AMOUNT LESS OR MORE THAN YOUR RECOMMENDED SERVING OF GRAINS ON YOUR MYPLATE — CALORIE CARD?

HOW MUCH JUICE DO YOU DRINK

- CHOOSE A CUP.
- POUR THE AMOUNT OF JUICE (WATER) INTO YOUR CUP THAT YOU NORMALLY DRINK.
- USING THE LIQUID MEASURING CUP, MEASURE THE JUICE (WATER) IN YOUR CUP.
- IS THAT AMOUNT LESS OR MORE THAN YOUR RECOMMENDED SERVING OF FRUITS ON YOUR MYPLATE-CALORIE CARD?

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HOW MUCH IS TOO MUCH

ACTUAL SERVING SIZES

FIND THE EVERYDAY ITEM AND
MATCH IT WITH THE CORRECT
FOOD! SEE HOW MANY
FOODS YOU CAN MATCH
UP WITH THE CORRECT
SERVING SIZE!



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