

Juice Board – Week 4
Activity Description
How Many Servings?

Materials

Week 4 display board
64 oz. bottle 100% juice – **for activity**
8 oz. tumbler – **for activity**
Measuring cup – **for activity**
Kitchen funnel – **for activity**
Clorox wipes – **for activity cleanup**
Reinforcers – 4 ounce plastic (glass) measuring cup
Basket/container for reinforcers
Raffle box
Raffle slips
Pens/pencils
Parent handouts
Evaluation form
Table for supporting board (folding table)
Raffle prize to give away for current week – Brita Pitcher
Raffle prize for following week – Kid's drinking water bottle
Raffle prize winner's name

Target Audience

Parents of Pre-School Children

Table/Board Set Up

Place board on folding table
Place raffle box, pens/pencils, and raffle slips on table
Place parent handouts on table
Place reinforcers on table
Place all activity materials on table
Place raffle prize and raffle winner's name on table
Place raffle prize for following week on table (If there is free space)

Activity: Parents will learn what the correct daily serving of 4 oz of juice looks like in an 'common' cup.

1. Greet parent and ask him/her if they want to enter their name in the weekly raffle or receive a giveaway.
2. If parent says yes, engage him/her in the activity (following). If parent says no, provide copy of parent handout and say thank you and let parent go on his or her way.
3. The student will ask the parent whether or not they believe that they can pour the recommended daily serving of juice for their child into the 8 ounce sized tumbler.
4. The Student will record the parent's answer on the provided evaluation form.

5. The student will then ask the parent to pour the amount of juice that they believe a child should drink from the 64 oz bottle into the provided 8 oz. cup.
6. Once the parent finishes pouring the juice, the student will inform the parent that doctors recommend that preschoolers drink no more than 4 to 6 oz. of juice per day. The student should stress that is the total amount of juice that a child should consume in a day. Remember the guide that a 4 year old could drink about 4 ounces per day, a 5 year old could drink 5 ounces per day and a 6 year old could drink 6 ounces per day.
7. Then the student will pour the juice from the 8 oz cup into the measuring cup and point out how much juice the parent actually poured. The student will record the amount of juice the parent poured over or under the 4 oz guideline on the evaluation form.
8. The student will then pour the juice from the measuring cup back into the 64 oz. bottle of juice
9. The student will then hand the parent a giveaway and the parent handout
10. The student will have the parent fill out their name on the raffle slip and drop it in the raffle box.
11. The student will thank the parent for his/her time.

Reinforcer

Measuring glass

Raffle Prize To Give Away This Week

Brita Pitcher

Take-Home Message

Remember that children should only consume 4 oz. of juice per day. If you are unsure how much 4 oz. of juice is, use the measuring glass to measure out 4 oz. of juice!



It's a Family Affair: Appropriate Serving Sizes – Week 4

Last Updated: May 15, 2009 Related resource areas: [Families, Food and Fitness](#)

The amount of food offered to a person influences how much he or she eats; and, in general, more calories are consumed when a large portion is served rather than a small one. One longitudinal study among children reported a positive relationship between portion size and body weight. Several other observational studies have reported that an increase in portion size coincides with the rise in obesity in the United States over the past decades.

People's perception of how much they eat can be quite different from what they actually do eat. According to a study, adults underestimate their servings of grains, fats, oils, and sweets, and they overestimate their consumption of fruits, vegetables, dairy and meat products. The difference between what people thought they ate and what they actually ate may be due to their limited knowledge of how to estimate what a serving is.

Food portions have been increasing. If you order a meal from a restaurant, chances are the portion that they give you is probably much more than one MyPyramid serving and more than what you actually even need to be eating.

Recommended Servings

The adult meal plan in this slide is based on a 35 year old woman who is active 30-60 minutes per day, and it also includes 6 teaspoons of oil. The meal plan for a child is based on a 10 year old female who is active 30-60 minutes per day, and it also includes 5 teaspoons of oil.

Based on an adult's 2000 calorie diet

Food Group	Recommended Servings
Grains	6 ounces
Vegetables	2.5 cups
Fruits	1.5 cups
Milk	3 cups
Meat	5 ounces

Based on an child's 1800 calorie diet

Food Group	Recommended Servings
Grains	6 ounces
Vegetables	2.5 cups
Fruits	2 cups
Milk	3 cups
Meat	5.5 ounces

Use MyPyramid's recommendations which are based on age, gender and physical activity level to determine the number of servings you eat.

Grain Group:

- 1 slice of bread
- 1 cup of ready-to-eat cereal
- ½ cup of cooked cereal, rice, or pasta

At least half of your grains should be WHOLE grains. Look to see that grains such as wheat, rice, oats, or corn are referred to as "whole" in the list of ingredients on a food label. Foods that are made from whole grains contain more fiber, vitamins and minerals. Whole grains protect against heart disease, cancer, and diabetes, and they help to control weight.

Vegetable Group:

Different vegetables have different types and amounts of nutrients like vitamins, minerals, phytochemicals, and fiber. Eat a variety of vegetables to get the most benefits. The amount listed is considered one serving.

- 2 cups of raw leafy vegetables (cooks down to about 1 cup)
- 1 cup of cooked or chopped raw vegetables
- 1 cup of vegetable juice

Choose dark green leafy greens such as kale, collards, and spinach because they are richer in nutrients than light colored greens.

Fruit Group:

Fruits contain valuable nutrients including vitamins (especially A and C), minerals, phytochemicals, antioxidants, and fiber. Eat a variety of fruits—whether fresh, frozen, canned, or dried. The amount listed is considered one serving.

- 1 medium apple, banana or orange
- 1 cup of sliced, cooked, or canned fruit
- 1 cup of fruit juice

A medium fruit such as an orange, apple, pear, or avocado is about the size of a baseball. There is a difference between fruit juices and fruit drinks or punches. Look for juices that are 100% fruit. If the first ingredient on the food label is sugar or juice concentrate, it is a fruit drink or punch. Orange drinks are not the same as orange juice! The American Pediatric Association recommends limiting juice intake to 6 ounces per day for adults and children age 4 and over, and 4 ounces for children 1 to 3 years old.

Dairy Group:

Dairy foods are a great source of bone building calcium, vitamin D, and other vitamins and minerals. Get 3 cups of low fat or fat-free milk or yogurt every day. If you cannot consume enough yogurt or milk, choose fat-free or low-fat cheeses. The amount listed is considered one serving.

- 1 cup of milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese

If you are unable to tolerate dairy foods, there are other ways to get calcium in your diet. Try dairy foods that are lactose free (such as Lactaid milk) or take a Lactaid pill before eating dairy foods. Also, choose orange juices, fruit juices, cereals, and other foods that have been fortified with calcium. Among vegetables, broccoli, collard greens, and kale are good sources of calcium. You should also choose fat free or low-fat dairy foods instead of whole milk products.

Meat and Protein Group:

2-3 ounces of cooked lean meat, poultry, or fish can be considered as an average serving. Go lean with protein. Protein helps to build and maintain healthy muscles and connective tissue, curb hunger, and it is essential to many key functions in the body. Choose lean meats and poultry. Lean cuts of meat include the words loin or round, such as sirloin, ground round, and eye of round.

Vary your protein choices—with beans, nuts, and seeds. Serving sizes of beans, eggs, nuts, and seeds are determined according to ounce equivalents. In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

MyPyramid recommends 5 to 6 ½ ounces of foods from the Meat & Other Protein group depending on a person's age, gender and activity level. Example: If a person eats a 3 ounce steak, 1 egg and 2 tablespoons peanut butter, (s)he has eaten 6 ounces from the Meat & Other Protein group.

Fats, Oils and Sweets

These foods are high in fat and/or sugar and can lead to weight gain and certain health conditions. There are no recommended amounts of servings of sweets, and fats like butter or margarine; but it is advised to use them sparingly.

Some oils are more healthful than others. For example, canola and olive oil contain heart-healthy monounsaturated fats. It is advised that most of fats in the diet should come from vegetable oils, fish, nuts and seeds rather than solid fats like stick margarine, shortening or lard. However, even the vegetable oils are still high in calories, so they should be consumed in moderation. One teaspoon of oil or solid fat counts as one serving.

Choose soft or liquid butters over hard butters or hard margarines. Hard margarines contain trans fatty acids which are a type of fat. Trans fats have negative effects on heart health; they can increase total cholesterol, LDL (bad) cholesterol and decrease HDL (good) cholesterol, leading to increased risk of heart disease. Hard butters contain saturated fat which can increase total and LDL cholesterol and lead to heart disease. The soft or liquid varieties are less likely to raise total and LDL cholesterol. Choose butters and margarines that are low-fat and trans fat-free.

View this page:

http://www.extension.org/pages/It's_a_Family_Affair:_Appropriate_Serving_Sizes

Please refer to the website to print a copy of the handout

<http://www.juicyjuice.com/Articles/Understanding-Serving-Sizes.aspx#>





KNOW YOUR SIZES

Juice servings should be

4 - 6 ounces

for kids.

Common sizes:

 <p>Can of soda</p>	12 ounces
 <p>Fast Food soda (McDonald's website)</p>	child - 12 ounces Small - 16 ounces Medium - 21 ounces Large 32 ounces
 <p>water bottle</p>	16.9 ounces
 <p>A 2 liter bottle</p>	67.6 ounces (* More than <u>11 servings</u> of juice in this container!)



Parent	Believes s/he can correctly pour the correct amount of juice	Doesn't believe s/he can pour the recommended amount of juice	Correctly poured 4 oz of juice	The amount over 4 oz that the parent poured
A.				
B.				
C.				
D.				
E.				
F.				
G.				
H.				
I.				
J.				
K.				
Total				

