

ANALYZING SERVING SIZE



STUDENT PROCEDURE

In the previous activity, you learned about all of the different parts of the Nutrition Facts label. In this activity, the focus is on the Serving Size.

When you eat cereal for breakfast, how many servings, according to the Nutrition Facts label, do you think you typically eat?

1. Watch the video, *The Difference Between Portion Sizes and Serving Sizes* www.youtube.com/watch?v=SxF6hAceU1g
 2. With your group, select one of the cereals and enter the name of the cereal in the Data Table.
 3. Pour a bowl of that cereal equal to the amount you would typically eat for breakfast. This is called the portion size. Make sure that everyone in your group agrees on the amount of cereal poured.
 4. Measure the amount of the cereal in your bowl either with a scale or a measuring cup and record this information in the Data Table. Remember to include the required units, for example: 1 cup; 252 grams.
 5. Find the Serving Size on your cereal's Nutrition Facts label and record it in the Data Table. Be sure to use the same measurement (cup, grams) you used to measure your group's cereal.
- How did your group's portion of cereal compare with the Serving Size listed on the Nutrition Facts label? For an accurate measurement of this comparison, divide the amount of cereal in your bowl by the serving size. How many servings does your group have in its bowl? Record this data in the Data Table. For example, if you have 3 cups of cereal in your bowl and the serving size is one cup, divide 3 cups by 1 cup. The answer is 3. This means that your portion size is 3 times the serving size
6. Look at the Nutrition Facts label for your cereal and use it to record the additional information in the Data Table.
 7. Use the information from the Nutrition Facts label to calculate the amount of the listed nutrients you would get from eating your group's bowl of cereal and record it in the Data Table. For example, if you have 3 servings in your bowl, multiply the number of calories on the Nutrition Facts label by 3 to get the number of calories in your group's bowl of cereal.
 8. If you add 1 cup of 2% milk to your bowl of cereal, how will the nutrients change? Record your answer in the Data Table. For example, if in your bowl of cereal you had 300 calories, add 120 calories from the cup of milk for a total of 420 calories. Follow this same procedure for the rest of the nutrients on the data table.
 9. Compare your portion size with that of 2 other groups. If their portion sizes are different, why do you think they are different?

Nutrition Facts label for 2% Milk

Nutrition Facts	
8 servings per container	
Serving size	1 cup (240 mL)
Amount per serving	
Calories	120
% Daily Value *	
Total Fat 5g	6%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 120mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vit.D 3mcg 15%	• Calcium 290mg 20%
Iron 0mg 0%	• Potas. 360mg 8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	