

# ★ A la Cart™ Snack Attack Lessons ★

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<i>A survey to be completed by each student following Lesson 5, and to be sent home with the student to complete with a family member as a family connection activity.</i>	

## ★ Grades 4-5: It Depends On The Food You Are Eating★

### Activity 1: Looking at Portion Sizes

#### Materials Needed:

- MyPyramid Poster ([www.mypyramid.gov](http://www.mypyramid.gov))
- 4 medium-size fresh oranges
- 2 large baked potatoes, each with 2 Tbsp. fat free sour cream
- 1 small (1.69 oz) package of M&M<sup>®</sup>s
- 18 potato chips

#### Directions:

1. Ask students which of the above foods has the most calories?
2. Take a vote for each item (for added physical movement, have students stand-up to vote rather than just raise their hands), and record the votes on the blackboard.
3. Discuss the correct answer, provided below:  
Answer: They are ALL about the same, with approximately 240 calories.  
Comments: Most people will think the chips or M&M<sup>®</sup>s are higher in calories knowing they contain sugar and fat and are considered "junk" food. People don't stop and think about the amount of each of the foods and how they differ.  
Ask students to consider the following:
  - a. How large is the portion of the fruit or vegetable and how small is the portion for the candy or chips?
  - b. What amounts of these items do YOU usually eat?
4. Optional discussion points: Choose from any of the following questions:
  - a. In which MyPyramid Group is each food found?
  - b. Look at the food labels. How much fat and what kinds of fats are in each item? How does that affect the calories?
  - c. How much sugar is in each item? How does that affect the calories?
  - d. What is the nutritional value of each food, i.e., the % daily value of vitamins, minerals, and protein?

