



Help yourself to **smaller** helpings

1. Look at the pictures of foods shown on the bulletin board. Choose 2 foods you eat most often. What is the recommended serving for this food? For example, the recommended serving of cheese is about the size of 3 dominoes.

Food	Serving
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(1) _____ = _____

(2) _____ = _____

2. Eating smaller portions helps you feel good, look good, and lower your risk for health problems, such as:

(1) _____ and (2) _____

3. Children should eat smaller portions of food than adults. Look at the chart on the back of this handout. Answer the questions below by looking at the chart.

How big is a serving of meat for you? _____

How big is a serving of meat for your child? _____

How big is a serving of juice for you? _____

How big is a serving of juice for your child? _____

Find a food on the chart that you eat often. How large is an adult's portion of that food?

Find a food on the chart that your child eats often. How large is a child's portion of that food?

Put the chart near the refrigerator. Refer to it as needed.

4. Fast-food places offer larger portions of food for your money, but the serving sizes are not healthy. Name two things you can do to cut down on calories and keep trim when ordering fast food:

(1) _____ and (2) _____

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Food	Child (ages 1-3)	Adult or Child over 4
 <p>Meat</p>	 <p>2 dominoes</p>	 <p>Deck of cards</p>
 <p>Pancake</p>	 <p>1/2 CD (half a pancake)</p>	 <p>CD (one pancake)</p>
 <p>Cooked vegetables</p>	 <p>1/4 cup or one golf ball</p>	 <p>1/2 cup or half a baseball</p>
 <p>Raw fruit</p>	 <p>1/2 cup or half a baseball</p>	 <p>One cup or one baseball</p>
 <p>Spaghetti or other pasta</p>	 <p>1/4 cup or one golf ball</p>	 <p>1/2 cup or half a baseball</p>
 <p>Cereal</p>	 <p>3/4 cup or three golf balls</p>	 <p>One cup or one baseball</p>
 <p>Juice</p>	 <p>1/2 cup or one 4-ounce glass</p>	 <p>3/4 cup or one 6-ounce glass</p>
 <p>Ice cream</p>	 <p>1/2 cup (1 scoop)</p>	 <p>1/2 cup (1 scoop)</p>

**Help Yourself to Smaller Helpings Bulletin Board or Lesson
Survey Form – Staff (PB-000-03)**

Local Agency/Site Number _____ Date _____

1. How did you use this bulletin board?
____ As a regular bulletin board
____ As a self-paced interactive lesson

2. How many clients used this as an interactive lesson in one month? _____

3. Would you use this bulletin board/lesson again?
____ Yes
____ No Why not? _____

4. What did you like best about the bulletin board/interactive lesson? _____

5. What would you change about the bulletin board/interactive lesson to make it better?

6. Was the participant feedback: ____ positive ____ negative ____ neutral

Note about Survey Forms:

Please return this form after using “Help Yourself to Smaller Helpings” for a month. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece
Department of State Health Services
Nutrition Services Section
1100 W. 49th Street
Austin, Texas 78756

Help Yourself to Smaller Helpings Survey Form – Participant (PB-000-03)

Local Agency/Site Number _____ Date _____

1. Which way do you prefer to learn about healthy eating?

_____ A bulletin board like this one

_____ A group lesson

2. Was the lesson easy to read?

_____ Yes

_____ No Why not? _____

3. What was the most useful thing that you learned from the bulletin board.?

4. Do you think this is a good lesson to use at WIC?

_____ Yes

_____ No

Why? _____

Thank you for your comments!