

What's a Serving Size?

Healthy
Eating

Grade
Level
K-3

Materials	Access to the internet, food boxes or containers of choice
Learning Outcome	Recognize the importance of food labels and identify the suggested serving size of different foods.

Description

Share the [Start with Serving Size](#) video from Canada's Food Guide with the child and begin a discussion about reading food labels. Explain that it is important to understand how to identify serving size and other items that are included on food labels to understand the food and nutrients that we are putting into our body.

Food labels inform us of important nutrients in the food, as well as nutrients we should limit like sugar, sodium, or saturated fat. Invite the child to choose some food boxes or containers that are available at home and support them with looking at different parts of the food label.

Point out the serving size, % daily value, ingredients, and any other components of the label that the child is interested to know more about.

Healthy Eating Competencies



THINK

Develop cognitive skills and strategies that facilitate knowledge about healthy foods, food habits, food preparation, and food safety.



FEEL

Develop affective skills and strategies that facilitate healthy food relationships with themselves, with others, and with their environment.



ACT

Practice behaviour skills and strategies that facilitate healthy eating, food habits, food preparation, and food safety.



Reflection Questions

Reflection is important to support learning for healthy eating. Consider asking the child the reflection questions below and discuss the answers together.

- What did you learn about reading food labels?
- How can you use what you learned when you are choosing what food to eat?