

# Ideas for Nutrition Exhibits

## Sizing Up Portion Sizes

*Purpose:* To teach consumers about appropriate serving sizes.

*Materials Needed:* Comparison items, poster board

- Collect the everyday items that compare in size to recommended serving sizes:
 

Food Group	Food Item	Comparison Item
Grain	½ cup cooked rice	a cupcake wrapper
Fruit	1 medium sized fruit	a tennis ball
Vegetable	1 medium potato	a computer mouse
Meat	2-3 oz. meat, fish, poultry	a deck of cards
Milk	2 oz. cheese	eight dice
“Others”	1 teaspoon of butter	a stamp
- Attach comparison items to poster board and indicate which serving sizes they represent.
- Include the Food Guide Pyramid poster as part of the display so consumers know how many servings from each food group they should have in a day.

## Fast Food Facts: What’s in Your Take Out Bag?

*Purpose:* To help consumers make healthy choices when eating out.

*Materials Needed:* Fast food nutrition facts from Web sites provided, poster board/exhibit board, take out bags or food containers from restaurants (optional)

- Visit fast food Web sites such as [www.mcdonalds.com](http://www.mcdonalds.com), [www.subway.com](http://www.subway.com), [www.burgerking.com](http://www.burgerking.com), [www.kfc.com](http://www.kfc.com) and [www.tacobell.com](http://www.tacobell.com) to review nutritional information.
- Choose a popular meal selection and a healthier meal section at each restaurant. Add up total calories, fat and saturated fat for each meal and present these on the board. Use the appropriate take out bag as a visual next to each restaurant listing. For example, at McDonald’s:
 

Meal 1:	Calories	Fat	Saturated Fat
Big Mac	590	34g	11g
Large French Fries	540	26 g	4.5g
Small Coke	150	-	-
<i>Total for Meal 1:</i>	<i>1280</i>	<i>60g</i>	<i>15.5g</i>
Meal 2:	Calories	Fat	Saturated Fat
Chicken McGrill w/o Mayo	300	6g	1.5g
Garden Salad	100	6g	3g
Fat Free Herb Vinaigrette	35	-	-
1% Milk, 8 oz	100	2.5g	1.5g
<i>Total for Meal 2</i>	<i>535</i>	<i>14.5g</i>	<i>6g</i>
- As an option, also determine which meal items qualify as servings from the five food groups. Provide the general nutrition guidelines for Americans as a reference for how these meals fit into a healthy diet. These general guidelines can be found on any Nutrition Facts Food Label. For example, for a typical 2,000-calorie diet, daily recommendations are less than 65 grams of total fat and 20 grams of saturated fat.

## Eat the Five Food Group Way (Children)

*Purpose:* To help children identify foods within the five food groups.

*Materials Needed:* Food models or pictures of foods from each food group, poster board or exhibit board, Food Guide Pyramid Poster

1. Collect pictures of four different foods from the Milk, Meat, Fruit, Vegetable and Grain Groups.
2. Organize pictures so that each group has three foods belonging to that group and one food from a different group.
3. Above each group have the following question, "Which food does not belong in the \_\_\_\_\_ Group?" Also provide a statement indicating how the group helps the body:  
Milk Group foods help your body grow strong bones and teeth.  
Meat Group foods help your body build strong muscles.  
Vegetable Group foods help your eyes see at night.  
Fruit Group foods help your body heal cuts and bruises.  
Grain Group foods give you energy to play.
4. Provide the answers to the quiz and display the Food Guide Pyramid as a reference.

## Calcium Display

*Purpose:* To demonstrate the amount of calcium in the body at various ages and explain the relationship between bone development and the body's need for calcium.

*Materials Needed:* 10 lbs. white all purpose flour, measuring cups, clear plastic resealable bags, poster board or cardstock for signs, table, black felt for a table covering (optional)

1. Create a poster that reads: "The calcium in your skeleton looks like flour."
2. For each age group, create a sign and measure flour into bags.

### Sign

A newborn skeleton has about this much calcium.

A 10-year-old has about this much calcium.

A 15-year-old has about this much calcium.

An adult has about this much calcium.

A woman with osteoporosis has about this much calcium.

### Amount of Flour

$\frac{1}{4}$  cup

3  $\frac{1}{2}$  cups

7 cups

11 cups

6  $\frac{1}{2}$  cups