

Smart Servings



Use the ideas and resources in this booklet to take action for wellness.

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For your convenience, copy ready handouts are included!

Great for parent nights, health fairs, and more!

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Smart Servings!

This booklet provides ideas for your team to take actions for wellness.

Choosing *Smart Servings* is one of the keys to healthier eating habits and wellness. Kids with healthy eating and physical activity habits get a boost for academic success. As a team, build a healthier environment by supporting healthy balance with smart servings.

Getting started

Begin planning by talking about “*Portion Distortion*” (see examples on the next page) and the explosion of choices. Twenty years ago if you went out for a burger, you were likely to get a single cheeseburger, around 330 calories, but now there are options. Many of today’s options could add up to more than twice as many calories. The number of choices and sizes we have has made it even more important to recognize what constitutes healthy balance.

Teamwork!

As a team, use these ideas to get others involved in creating awareness, using classroom activities that meet National Health Education Standards and connecting with families and the community. An action planning form is included at the end of the booklet to help guide your actions.

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Plan Smart Servings actions with the following ideas, or use them for your creative springboard

Plan to make daily announcements!

1. Discovering *SMART SERVINGS* is as simple as 1 – 2 – 3 – 4!

- Number 1: Be smart about how much.
- Number 2: Be smart: choose smaller servings of high-fat or sugary foods.
- Number 3: Be smart about how full you feel.
- Number 4: Be smart with more active play.



Each day, we’ll focus on one of these smart serving tips and challenge you to “Be Smart” with your servings every day!

2. Discovering *SMART SERVINGS* is as simple as tip number 1. It is: **Be SMART about how much!** Read a food’s nutrition label to learn the amount of one serving. Then make a SMART choice for healthy balance. How can you be smart about servings today?
3. Discovering *SMART SERVINGS* is as simple as...what? Remember number 1? (Pause a few seconds to allow groups to answer)...Be SMART about how much! And on to number 2: **Be SMART: choose smaller servings of high-fat or sugary foods.** Think about high fat and sugar foods or drinks you choose often. The next time you make a choice, choose less of that food or choose it less often. That is a SMART choice you can easily make over and over again! How can you be smart about servings today?