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.

<table>
<thead>
<tr>
<th>Food</th>
<th>Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1)</td>
<td></td>
</tr>
<tr>
<td>(2)</td>
<td></td>
</tr>
</tbody>
</table>

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) _______________________________
<table>
<thead>
<tr>
<th>Food</th>
<th>Adult or Child over 4</th>
<th>Child (ages 1-3)</th>
<th>Help yourself to smaller helpings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat</td>
<td>Deck of cards</td>
<td>2 dominoes</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Pancake</td>
<td>CD (one pancake)</td>
<td>½ CD (half a pancake)</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Cooked vegetables</td>
<td>÷ cup or half a baseball</td>
<td>¼ cup or one golf ball</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Raw fruit</td>
<td>One cup or one baseball</td>
<td>½ cup or half a baseball</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Spaghetti or other pasta</td>
<td>¾ cup or half a baseball</td>
<td>¼ cup or three golf balls</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Cereal</td>
<td>One cup or one baseball</td>
<td>½ cup or one baseball</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Juice</td>
<td>½ cup or one 6-ounce glass</td>
<td>¼ cup (1 scoop)</td>
<td>Help yourself to smaller helpings</td>
</tr>
<tr>
<td>Ice cream</td>
<td>½ cup (1 scoop)</td>
<td>½ cup (1 scoop)</td>
<td>Help yourself to smaller helpings</td>
</tr>
</tbody>
</table>
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!