

Portion Control for Weight-loss Lesson Plan

| ORGANIZATION | DATE | TIME | ADDRESS | CONTACT INFO |
|--------------|------|------|--|---|
| AAHP | N/A | N/A | 14015 New Hampshire Ave, Silver Spring, MD 20904 | Cynthia Hardy Beri Keri-Fonge (Site Supervisor) |

| | PLAN (COMPLETED PRIOR TO DELIVERY) | REVISIONS (COMPLETED POST DELIVERY) |
|-----------------------|---|--|
| GOALS/OVERVIEW | To address how portion control is key to weight loss. | |
| OBJECTIVES | Participants will gain an understanding of how the portion size of common foods can deter their weight and health goals. | |
| OUTCOMES | Participants will discover the actual portion size they should be eating versus what they currently are eating to achieve their weight loss goals. | |
| PROCEDURE | Give a PPT presentation on the evolution of portion sizes. Utilize quizzes and games to engage participants. Physical demonstration of determining portion sizes for common foods based on weight-loss goals. | |
| MATERIALS | Handouts including info graphs Materials and Prizes for games. Real food for the portion size demonstration. | |

EXTENSIONS

TIME ALLOTMENT

SUPPORT MATERIALS

60 minutes

Power Point Presentations “Portion Distortion”
1 & 2

BIBLIOGRAPHY:

Portion Distortion, Eat Right, NHLBI, NIH. (n.d.). Retrieved November 1, 2018, from <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/portion-distortion.htm>