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Frade 2-Grade

Skill: Measuring servings of fruits and vegetables

Grade levels: 2-6

Materials for each small group:

- copies of the recording sheet
- foods to measure (fruit juice, leafy greens, canned peas, canned fruit chunks, raisins)
- plastic serving bowls
- large plastic tumbler or pitcher
- plastic measuring cups in the following sizes: 1/4 cup, 1/2 cup, and 1 cup

Introducing the lesson:

Explain to students that different amounts of various kinds of fruits and vegetables are considered a serving. Show students the foods that they will be measuring in their group and tell them how much of each one equals a serving.

Steps:

- 1. Give each group a copy of the recording sheet and assign each group to a work area.
- Name a fruit or vegetable and have each group measure one serving of the item, referring to the serving chart on the recording sheet as necessary.
- 3. Then have the group read each question and use the necessary foods to answer the question.
- 4. After each group has finished, have students share their answers.

Extensions:

- Make a recipe that involves a variety of measurements.
- Have each child write a menu for one day that contains at least nine servings of fruits and vegetables. Be sure students write the amount of each food they will eat.

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One Serving Size for Fruits and Vegetables

3/4 cup of 100% juice

1 cup of leafy greens

½ cup of canned or cooked vegetables

½ cup of canned or fresh fruit chunks

1/4 cup of dried fruit

1.	How many servings of canned fruit are equal to 2 cups?	
2.	How many servings of leafy greens are equal to 8 cups?	
3.	How many cups of cooked vegetables would you need to serve six people a serving each?	
4.	How much juice would you need for each person in your group to have a serving?	
5.	How much dried fruit would you need for ten people to each have a serving?	
6.	If you ate 2½ cups of canned vegetables, howmany servings would you have eaten?	