

## FITNESS HOMEWORK – Portion Size!

So why are we going to have fitness homework this year? Here are a few reasons:

- 90 min. of physical activity every other day is not enough for a teenager
- To learn how to train to reach our fitness goals
- To reinforce concepts learned in class

### *Did you know????*

This meal is certainly smaller than the meal in the photo on the previous page. This sandwich has just one serving of meat. There is less bread with this roll, and there are three servings of healthy vegetables. The calorie count for this meal is probably closer to 500 calories, which is much easier to fit into most people's daily diet.

### **Determining Healthy Portion Size**

According to the USDA Food Pyramid:

- A serving of meat is about two or three ounces, or about the size of a deck of cards. Serving sizes for other proteins would be two tablespoons of nut butters, two eggs, and one third cup of dry beans.
- A serving of bread is equal to one slice of white or whole grain bread, one ounce of prepared cereal, or just one half cup of pasta, or rice.
- A serving of fruit or vegetable is equal to one piece, one half a cup of chopped fruit or vegetable, or three-fourths cup of 100% juice.
- A serving of dairy is equal to one cup of milk or one and one half ounces of cheese.
- If you really can't picture these serving sizes, then you might wish to purchase a kitchen scale to help you.

Now that you know how big the servings are, let's look at what you are eating.

A healthy lifestyle must be reinforced at home as well as at school. That is why it is so important to start positive exercise habits at a young age and that is the main reason we have fitness homework here at Mattawoman. Most fitness homework assignments will be brief but they **will be collected and graded every time**. All fitness homework must be signed by a parent. Hopefully these fitness home works will be motivating for the entire family and will help every student.

**Assignment – Physical – 30 min. Cardio workout. What did you do?** \_\_\_\_\_

**Parent Signature(Required):** \_\_\_\_\_

**I participated with my child: Yes** \_\_\_\_\_ **(.5 extra credit) No** \_\_\_\_\_

1. Why is portion control so important with food?

2. How does portion control relate to fitness and why is it so important to fitness?

3. How can portion control benefit you and why?