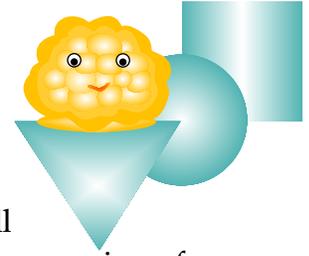


# The 'Eyes' Have It: Bean Counters

## Station 7 Student Information Page 5C



### Activity Introduction:

In this activity you will be given a quantity of dry pinto beans and asked to determine how many servings this would represent. For health issues we will make the assumption that one serving of dry beans would be equivalent to one serving of cooked beans (as stated in the new USDA Food Pyramid guide.) Estimation of serving sizes is a tricky thing and often takes lots of practice to get it right. Initially errors are made until you have more experience and a basic knowledge of *servicing* sizes.

### Activity Background:

According to the new 2005 Food Pyramid, a serving size is defined as “a standardized amount of a food, such as a cup or an ounce, used in providing dietary guidance or in making comparisons among similar foods.” Further examination into the serving sizes described in the Food Pyramid reveals that these sizes would be appropriate for a person on a 2000 calorie daily intake. A visit to the website of the USDA New Food Pyramid reveals that maintaining a healthy diet involves not just the foods you eat and the quantities thereof, but that other factors such as age and level of physical activity are important considerations to eating healthy. <http://www.mypyramid.gov/>

### Activity Materials: (per Station or Group)

- 1 Bowl filled with pinto beans
- 1 Plate to pour out a serving
- 1 Measuring cup (1 cup size)
- 1 *Student Information Page*
- 1 *Student Data Page* (per student)



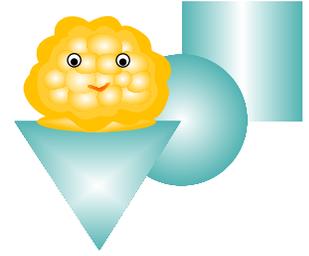
### Activity Instructions:

1. Look at the quantity of pinto beans you were given by spreading them out onto the flat plate.
2. In your group, decide how much of this quantity you *think* would constitute one serving you might typically eat.
3. Leave your estimate of one typical serving on the flat plate and put the rest of the beans back in the bowl.
4. Measure the amount of beans you have allocated to one serving size. Record this on your *Student Data Page*.
5. Place all the beans back into the bowl (if there are any left over). Using the measuring cup, measure how many cups of beans you have in your bowl. Record that amount.
6. 1 ounce of beans equals approximately 1/4 cup and a serving of 2 ounces of beans equals approximately 1/2 cup according to guidelines on the USDA 2005 Food Pyramid.
7. Observe how much of a difference there is between your estimation and the actual serving size.
8. Observe how the full bowl of beans compares to the actual recommended serving size of beans.



LESSON 5  
ACTIVITY 5C

Corporosity



The following information is taken from the <http://www.MyPyramid.gov> website. It shows the recommended number of ounces needed daily from the meat and beans food group.

### HOW MUCH FOOD FROM THE MEAT AND BEANS GROUP IS NEEDED DAILY?

The amount of food from the Meat and Beans Group you need to eat depends on age, sex, and level of physical activity. Most Americans eat enough food from this group, but need to make leaner and more varied selections of these foods. Recommended daily amounts are shown in the chart.

DAILY RECOMMENDATION *		
Children	2-3 years old	2 ounce equivalents*
	4-8 years old	3 – 4 ounce equivalents*
Girls	9-13 years old	5 ounce equivalents*
	14-18 years old	5 ounce equivalents*
Boys	9-13 years old	5 ounce equivalents*
	14-18 years old	6 ounce equivalents*
Women	19-30 years old	5 1/2 ounce equivalents*
	31-50 years old	5 ounce equivalents*
	51+ years old	5 ounce equivalents*
Men	19-30 years old	6 1/2 ounce equivalents*
	31-50 years old	6 ounce equivalents*
	51+ years old	5 1/2 ounce equivalents*

\* These amounts are appropriate for individuals who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

1. How many cups made up your group's estimation of one typical portion of pinto beans?

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2. How many cups of dried pinto beans filled the bowl you were given?

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3. How many cups of beans make up one 2 ounce serving of dried pinto beans?

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4. How much difference was there between your estimate and the actual recommended serving of beans?

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5. How much difference is there between the recommended serving for your age and the entire bowl of beans?

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6. What do you think this tells you about the difference between recommended serving sizes and portion sizes we typically eat?

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7. 1/2 cup of pinto beans has 117 Calories. How many more calories would you take in if you ate your typical portion size?

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