



## SERVING SIZE

Packages of the same size can have very different serving sizes.

### Materials

Different bags of chips, soda bottles or cans, or other foods in similar packaging



### Procedure

- Line the items up and look at them. Are they all the same size? Are they different?
- Now turn them over and compare the serving sizes. Do the same size packages have the same serving sizes per container? Are the smaller packages proportional to the bigger packages?

### Results

Even though two packages are the same size and display similar nutritional values on the label, one may have a higher serving size and, therefore, completely different nutritional value.

### Why?

It's important to know how many servings are in a container because it helps us understand what we're eating and how much we should eat. Just because something seems like one serving doesn't mean that's the value the label gives. Some items in the same size packages can have very different nutritional value, but at first glance they look the same because of different serving sizes. Using the serving sizes, we can determine the nutritional value of what we eat.

To learn more about health, check out the Pink Palace Museum's *Learning Labels* program and the *Tiger Hoops* exhibit.

This activity was adapted from the Pink Palace Museum's *Learning Labels* program, in collaboration with Baptist Memorial Health Care.