

Grapes and Tennis Balls



Eating
too much food
can make you
gain weight.

Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To practice how to choose the right amount of grapes for a serving

Teaching Points

1. Fruit is good for you, but not too much at once.
2. A serving of grapes is about the size of a tennis ball.
3. Pre-pack grapes and other fruit in a snack-size baggie.



What You Need

Place these things nearby:

- 1 large bag of grapes, kept in the store-bought bag
- 1 tennis ball (in kit)
- 1 box of snack-size baggies
- 2 small paper plates

Are You Ready to Play the Grapes and Tennis Balls Game?

It's easy to eat too many grapes.

- What is your favorite fruit?
- Fruit is good for you.
- Eating too much fruit at once can make you gain weight.
- It's easy to eat too many grapes.

- Here is a store-bought bag of grapes.
- The bag looks like it is just right for one person.
- Do you know anyone who has eaten a whole bag of grapes?
- It is easy to eat too much if we eat from the bag.
- Grapes taste so good, we want to keep eating more.



Let's Practice: Is One Bag One Serving?

- Is one bag one serving?
- Let's find out together.



- Put the tennis ball on a small paper plate.
- Put grapes on the second plate to look like the same amount as a tennis ball.
- Take the grapes off the plate and put them into a snack-size baggie.
- Put them into bunches the size of a tennis ball.
- Put each bunch into one single-snack baggie.
- How many grape snacks are in one store-bought bag?



Turn the
page to find
some helpful
hints!

Let's Review: You've Learned About Grapes!

Eat Just the Right Amount of Grapes.

Here's how:

A serving of grapes is about the size of a tennis ball.



Break up a large bunch of grapes into snack baggies to eat later.

