

The Simon Series has been created by Liana Lawrance for *Eat & Act: Grow Healthy with Your Child* an organization created for her Masters of Fine Arts thesis project at the Academy of Art University in San Francisco, California.

Liana Lawrance doesn't want today's newest generation to live a shorter lifespan than their parents. This is what doctors in America are predicting will happen if our kids continue to fall victim to unhealthy weight gain. She wants kids to live long, happy, healthy lives. Liana feels that by giving new parents a way to talk about healthy lifestyle habits to their children, both parents and their kids will be inspired to grow up healthier together.

Liana's motto for this project is: *A battle prevented is a battle won*. Once bad health habits are established, they are very hard to kick. She believes that by adopting a healthy lifestyle early in life, it eliminates the problem of unhealthy weight gain in children before parents have to battle it in the future.

**Eat & Act**  
Grow Healthy With Your Child

## SIMON'S Healthy Priority #3 Reduce your food portion sizes

The Simon series has been created as a fun educational tool for parents and young children. These books are meant to give parents an opportunity to talk to their children about healthy lifestyle habits earlier in their lives as a way to prevent the onset of unhealthy weight gain.

*A battle prevented is a battle won!*

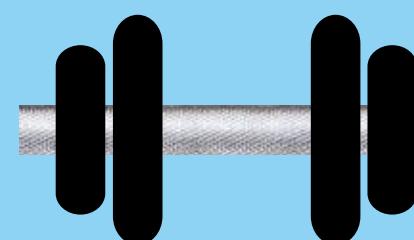
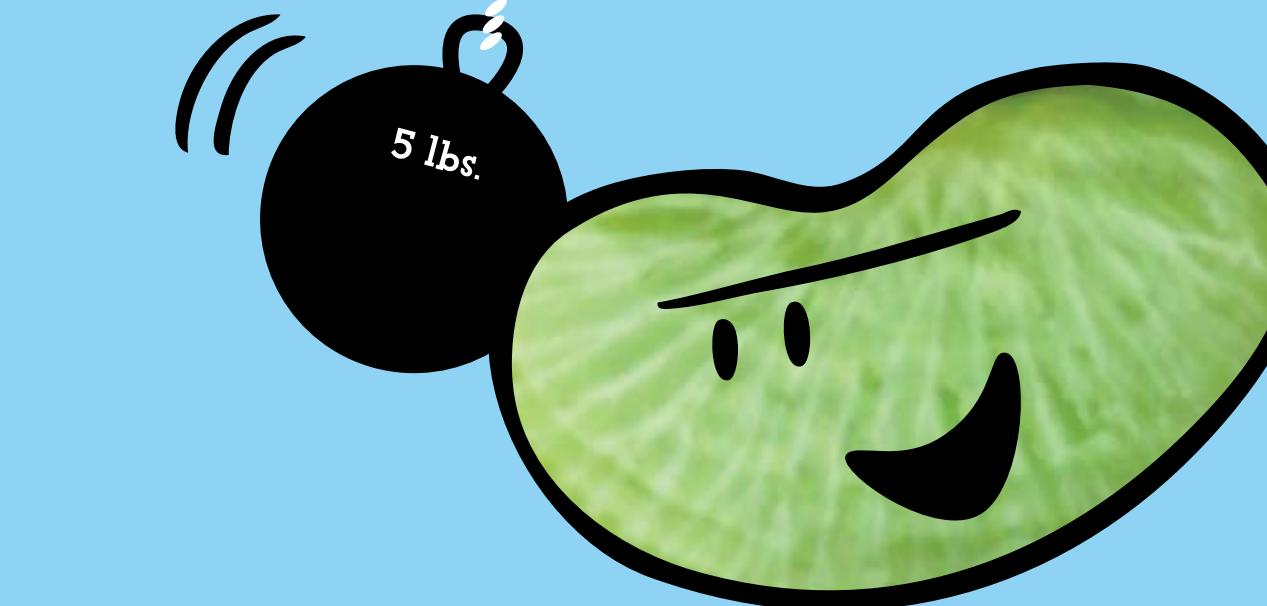


Liana Lawrance

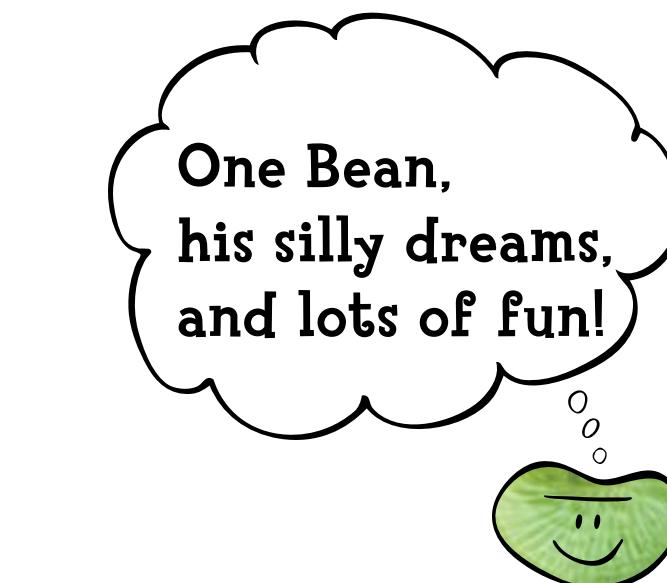
**Eat & Act**

Story & Illustrations by  
Liana Lawrance

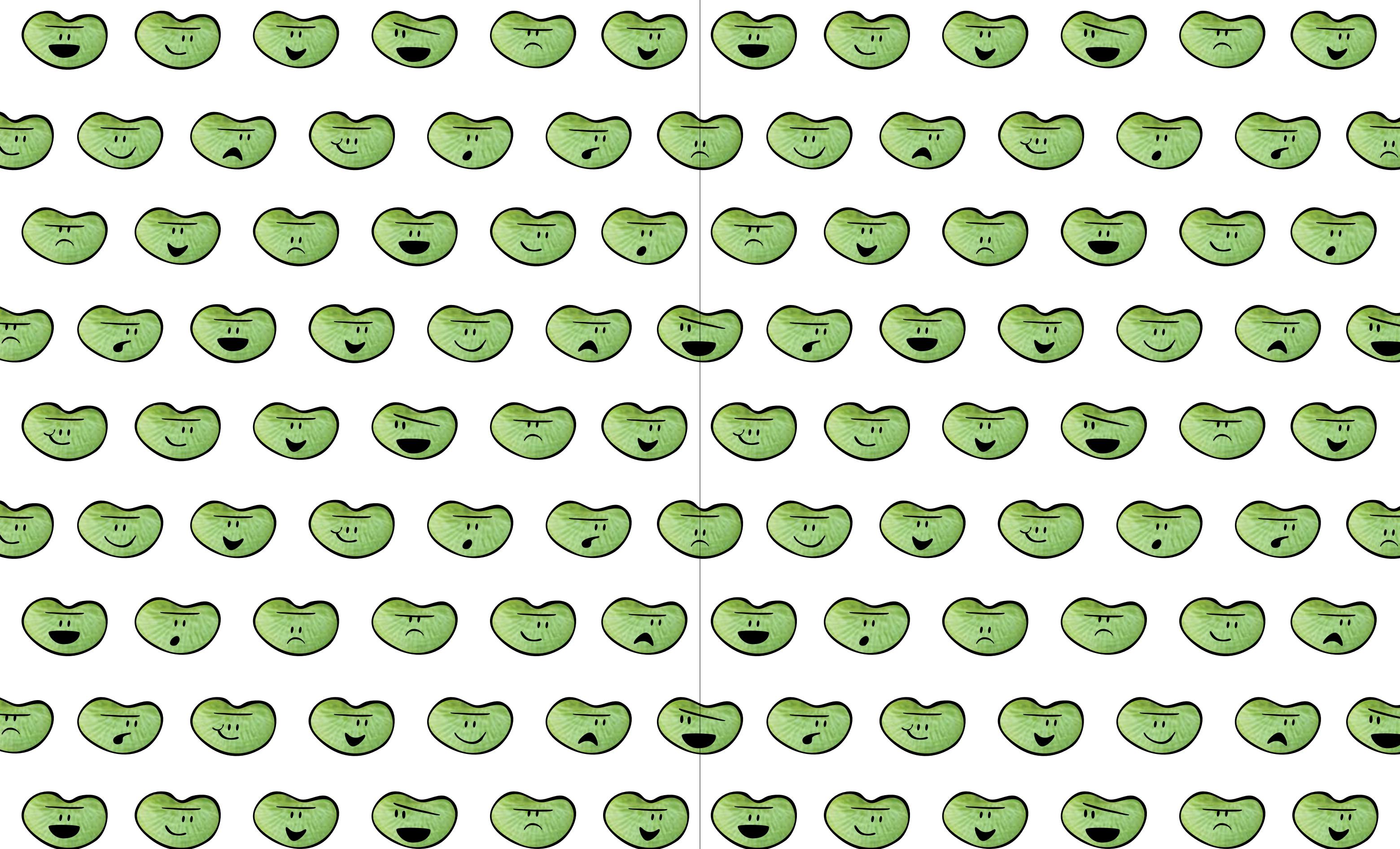
# SIMON Tests His Strength

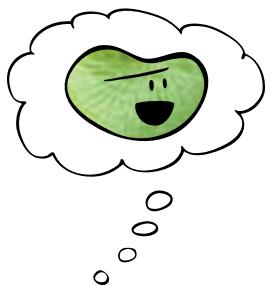


**Healthy Priority #3**  
**Reduce your food portion sizes**



When Simon Bean embarks on a journey to become a super hero, he learns that smaller food portion sizes are much better than larger food portion sizes at helping him feel super.





**Dedicated to happy kids  
with big dreams.**

# SIMON

## Tests his Strength

The Simon Series has been created by Liana Lawrance for *Eat & Act: Grow Healthy with Your Child* an organization developed for her Masters of Fine Arts thesis project at the Academy of Art University in San Francisco, California. These books are an educational tool meant to create a forum for parents to talk to their children about healthy lifestyle habits earlier in their lives to prevent the onset of unhealthy weight gain.

A battle prevented is a battle won.

### Eat&Act

Grow Healthy With Your Child

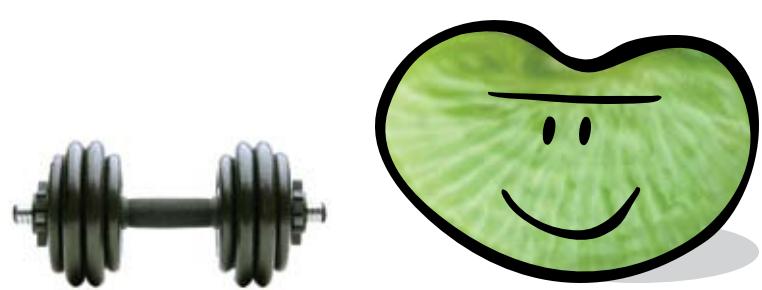
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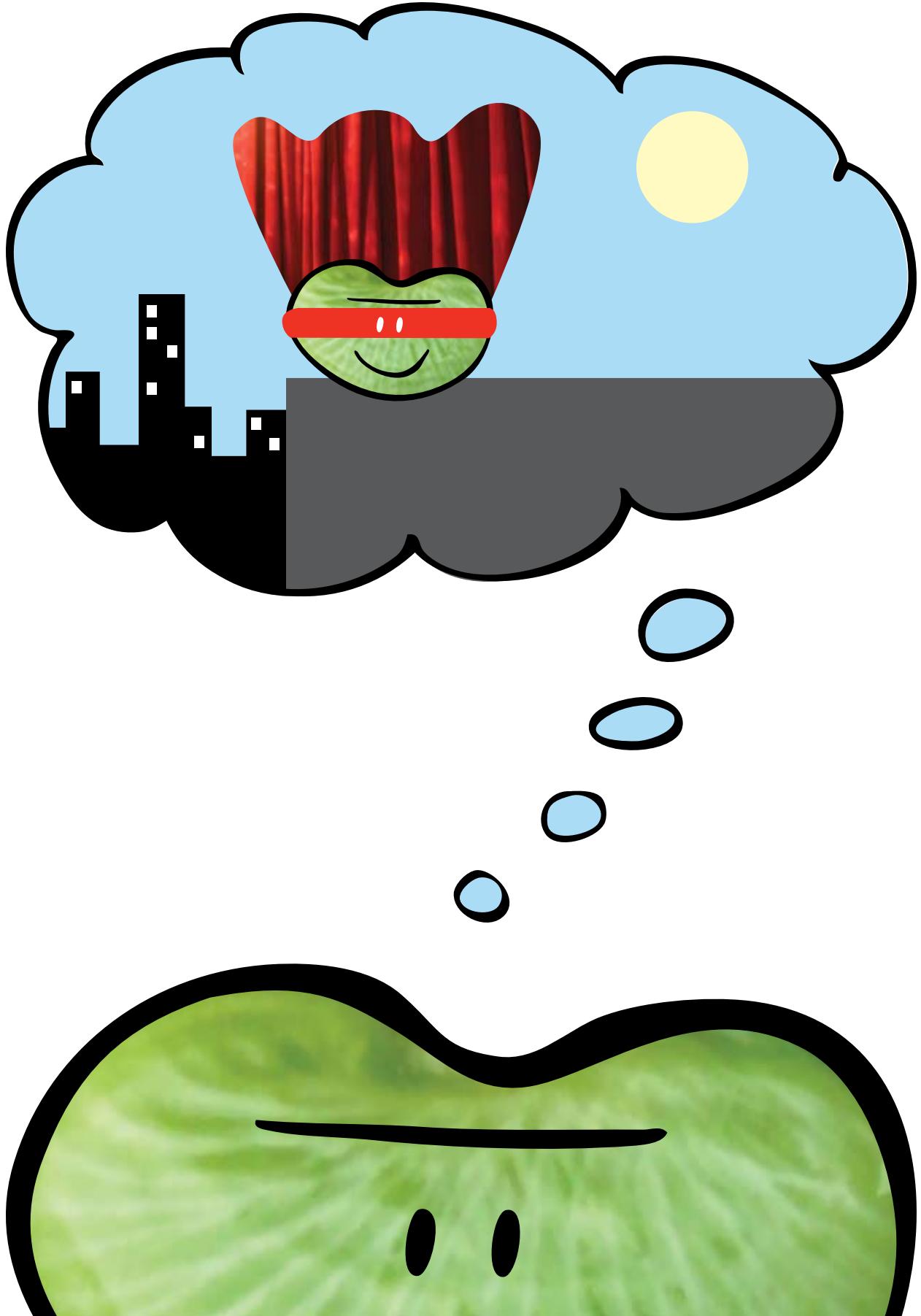


You'll find special notes to parents in this area of the pages

This is Simon Bean.

He has some silly dreams  
for a lima bean.

Today he wants to be a super hero.

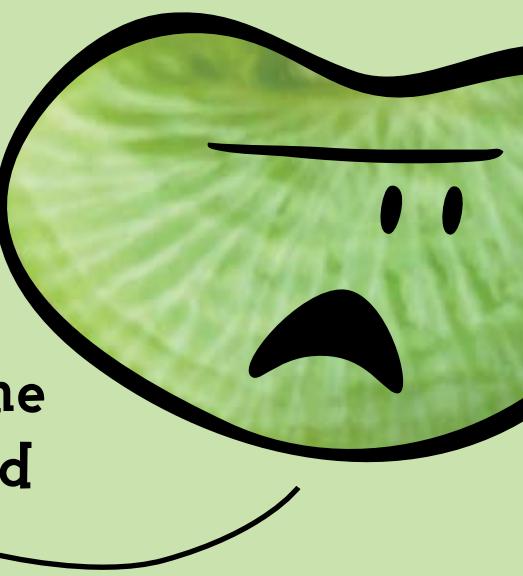
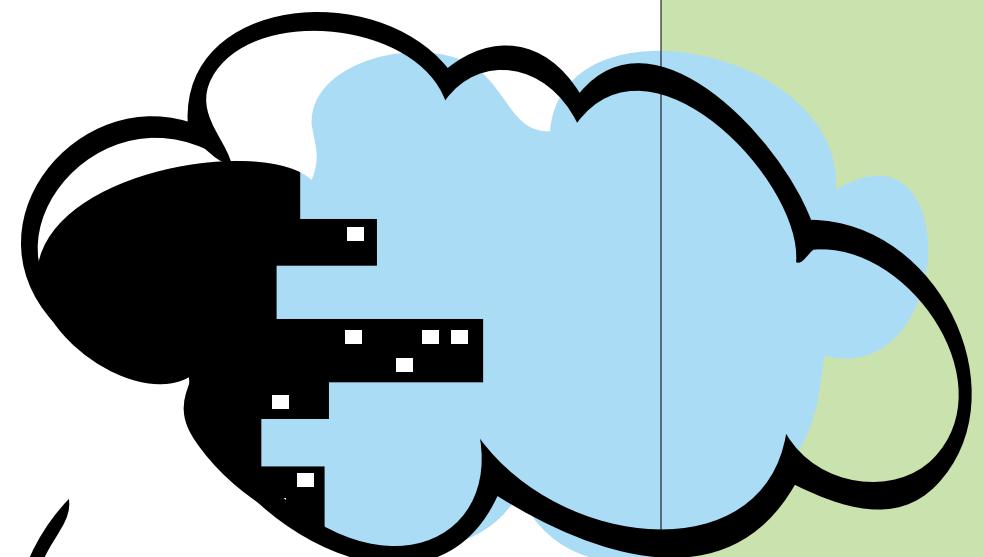
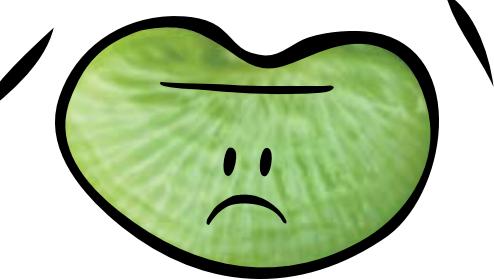




Silly Simon,  
beans can't be super heros!



POOF!



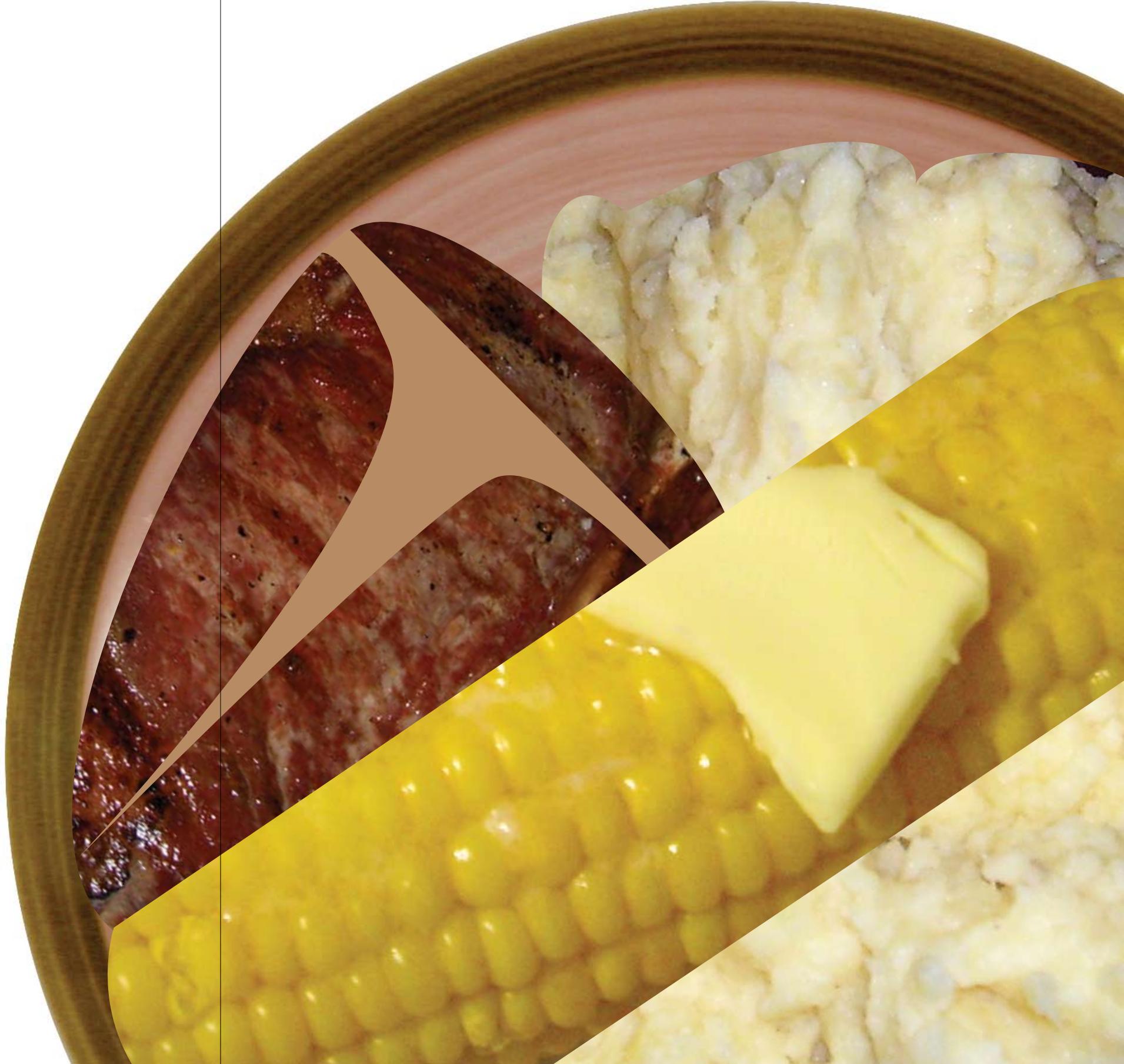
But like most beans,  
he is stubborn.  
He decides to go find a way.

**"No one tells me  
what I can and  
can't do!"**

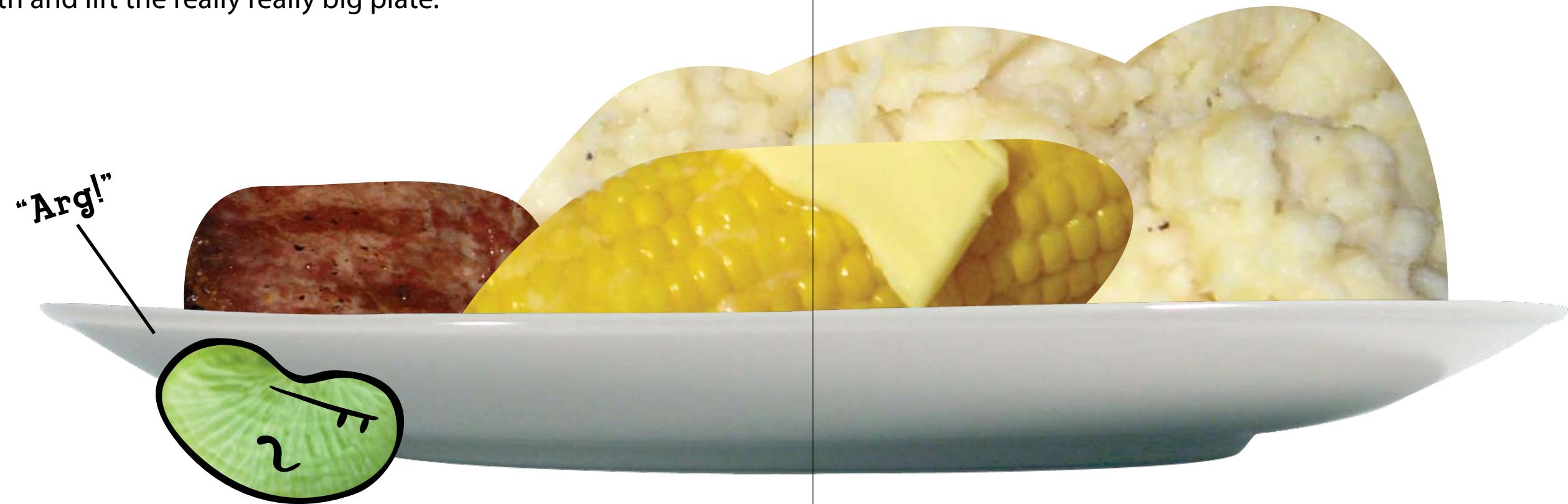


While out, Simon finds a really really big plate.

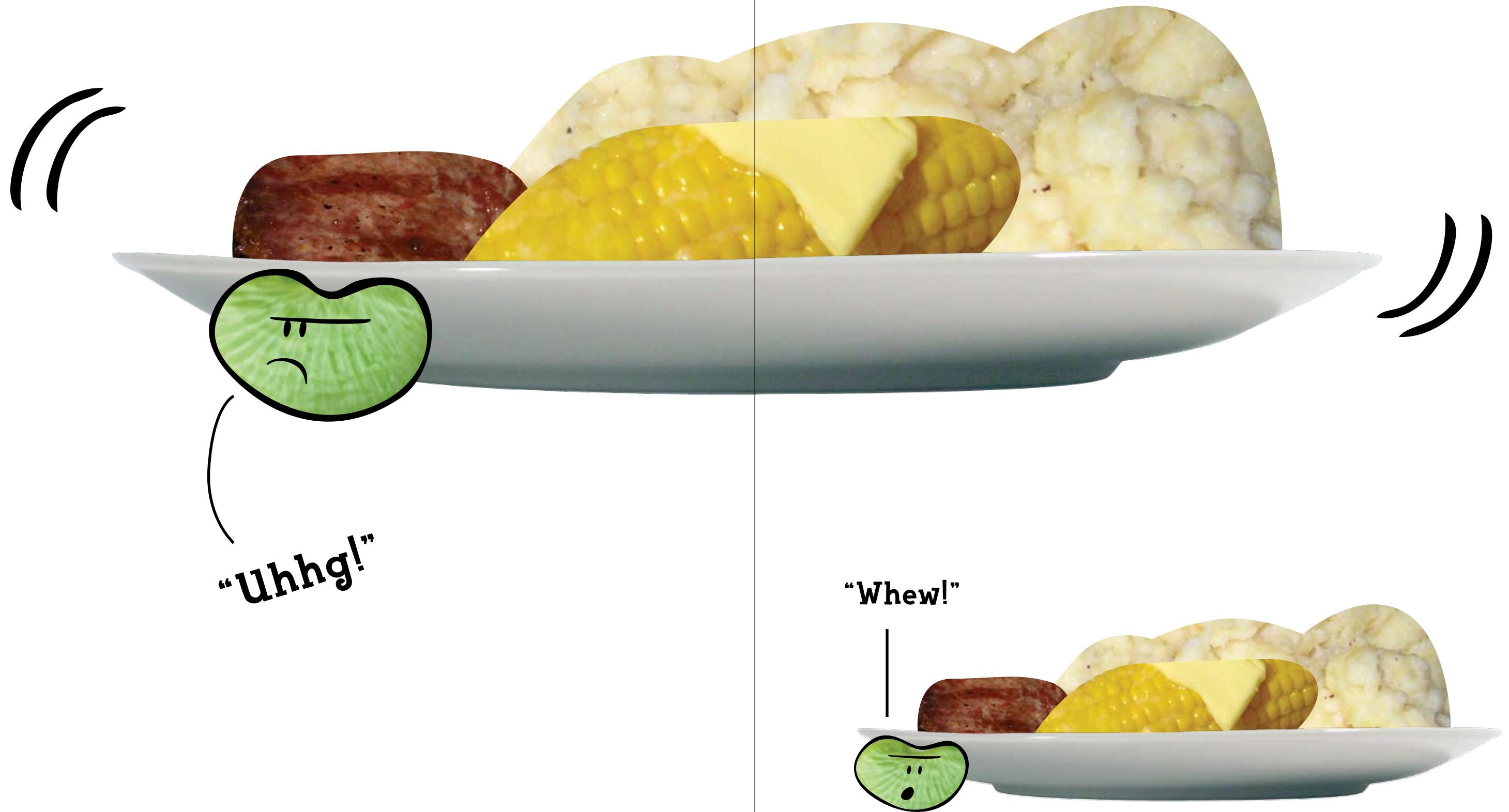
**“Whoa, look at  
all that food!”**



Simon decides to test his super hero strength and lift the really really big plate.



Ask your child how often they eat potatoes & how many ways they eat it

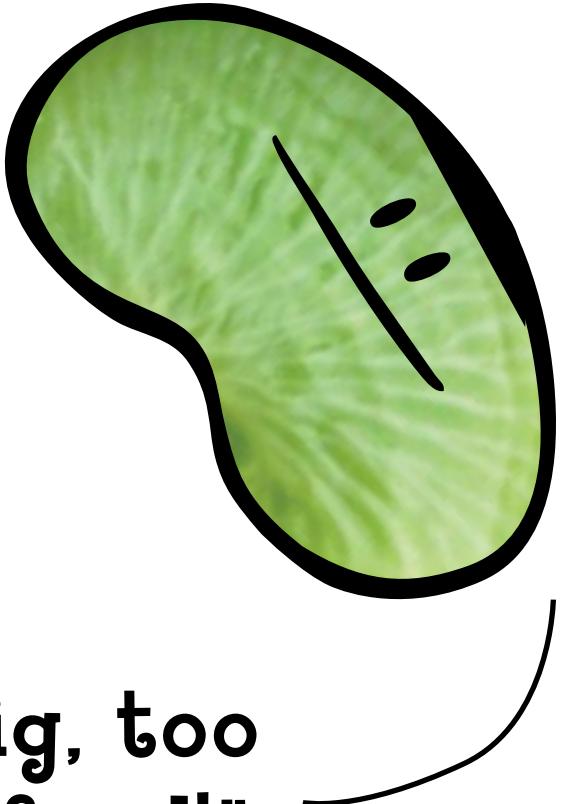


Eating from large plates leads to eating large portions

Simon decides leave the really really big plate behind.

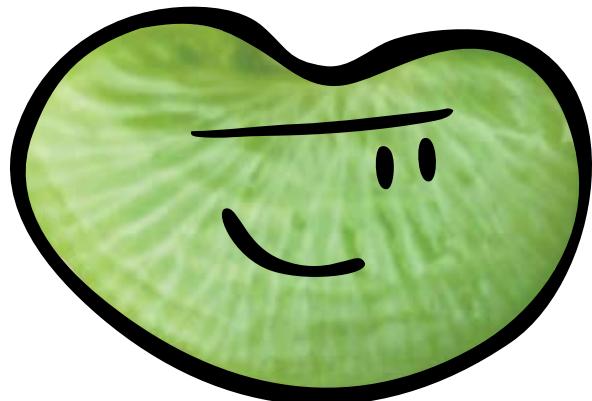


**“Too big, too  
much food!”**



Soon, Simon comes up to a much smaller plate.

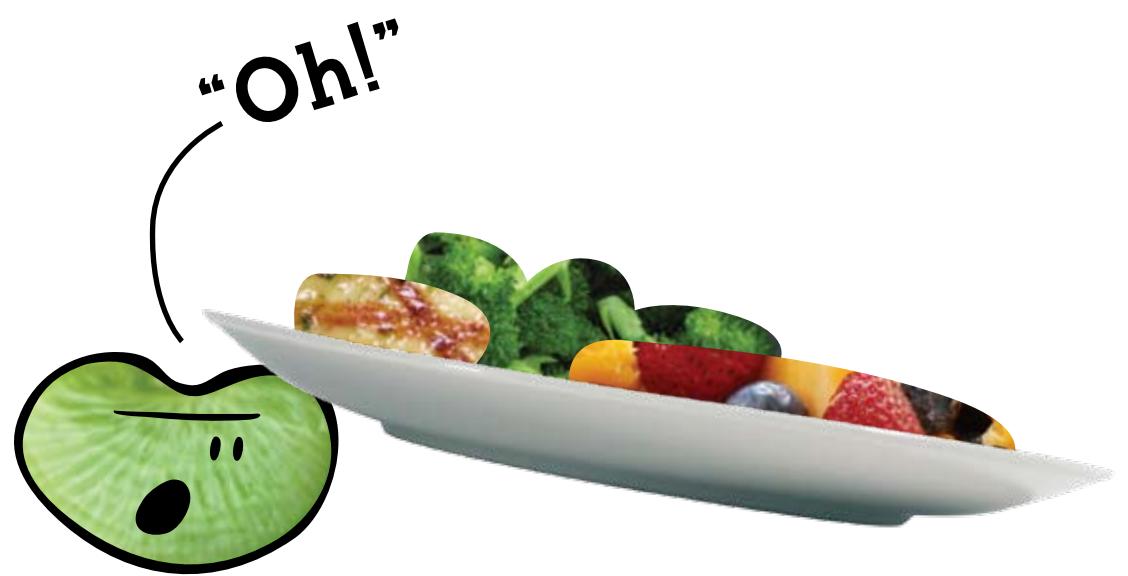
This one just as full as the large one, but with more colorful food.



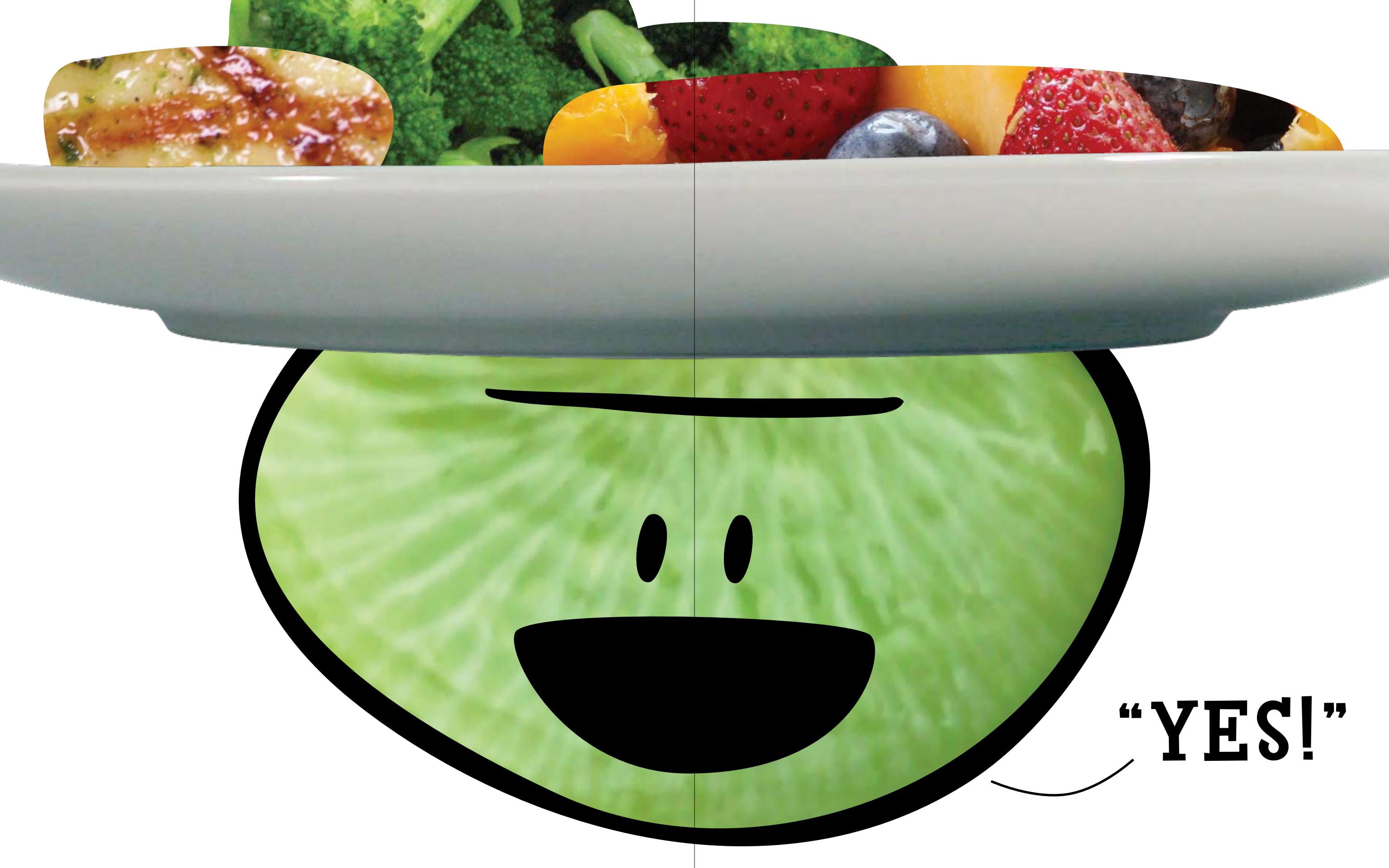
Can your child name all of the items on this plate?

Once again, he decides to test his super hero strength.

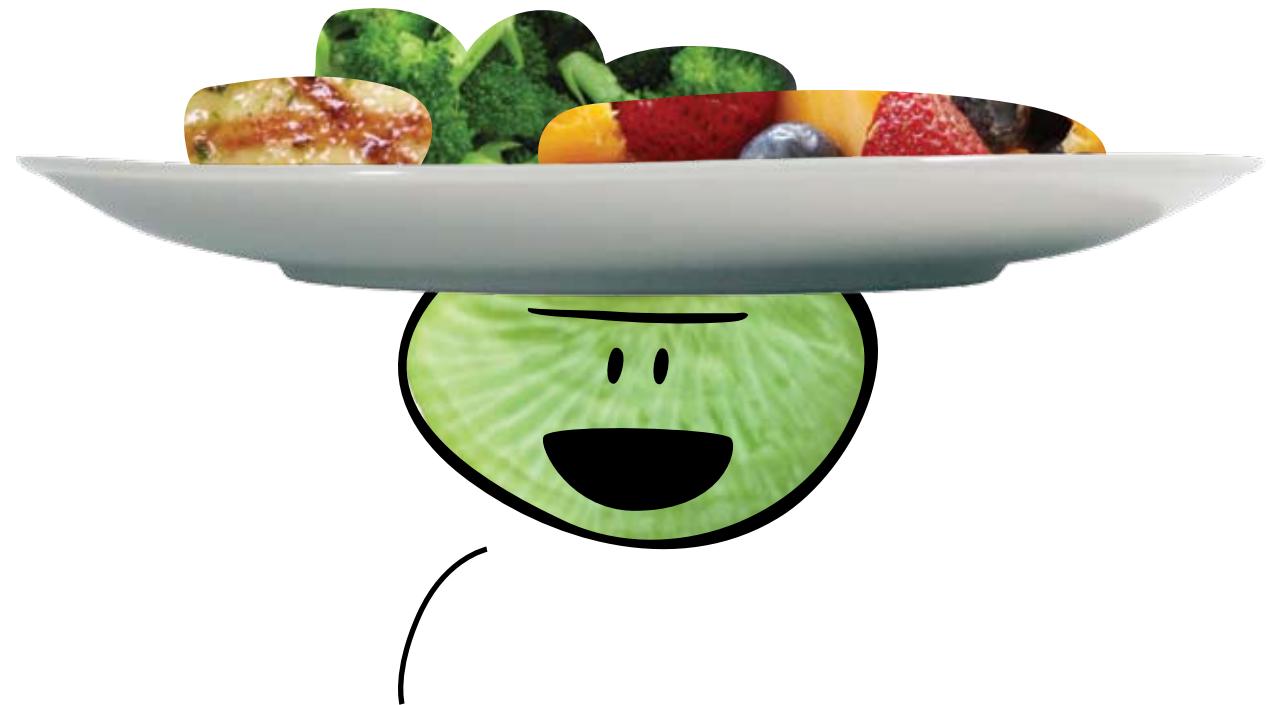




Notice how you can trick your eye by filling a smaller plate with food



**“YES!”**



# “SUPER BEAN!”



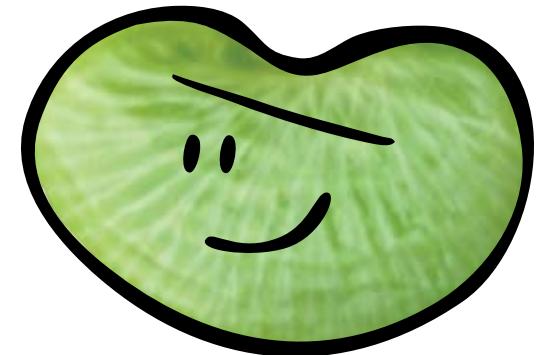
Ask your child what his or her super hero skill would be

Feeling super, Simon decides to put down the plate.



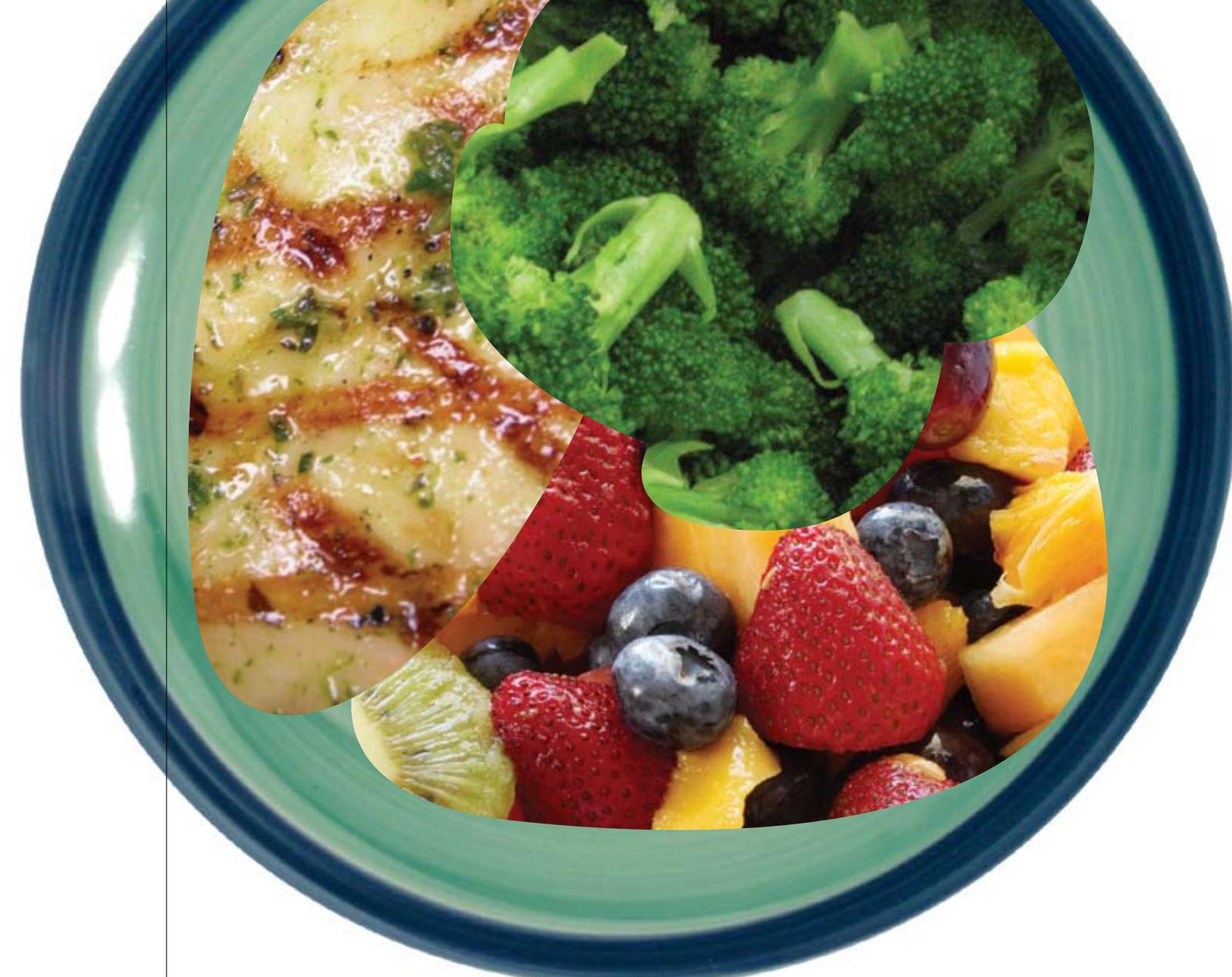


Looking back, Simon sees why he was able to be so super with the smaller plate.





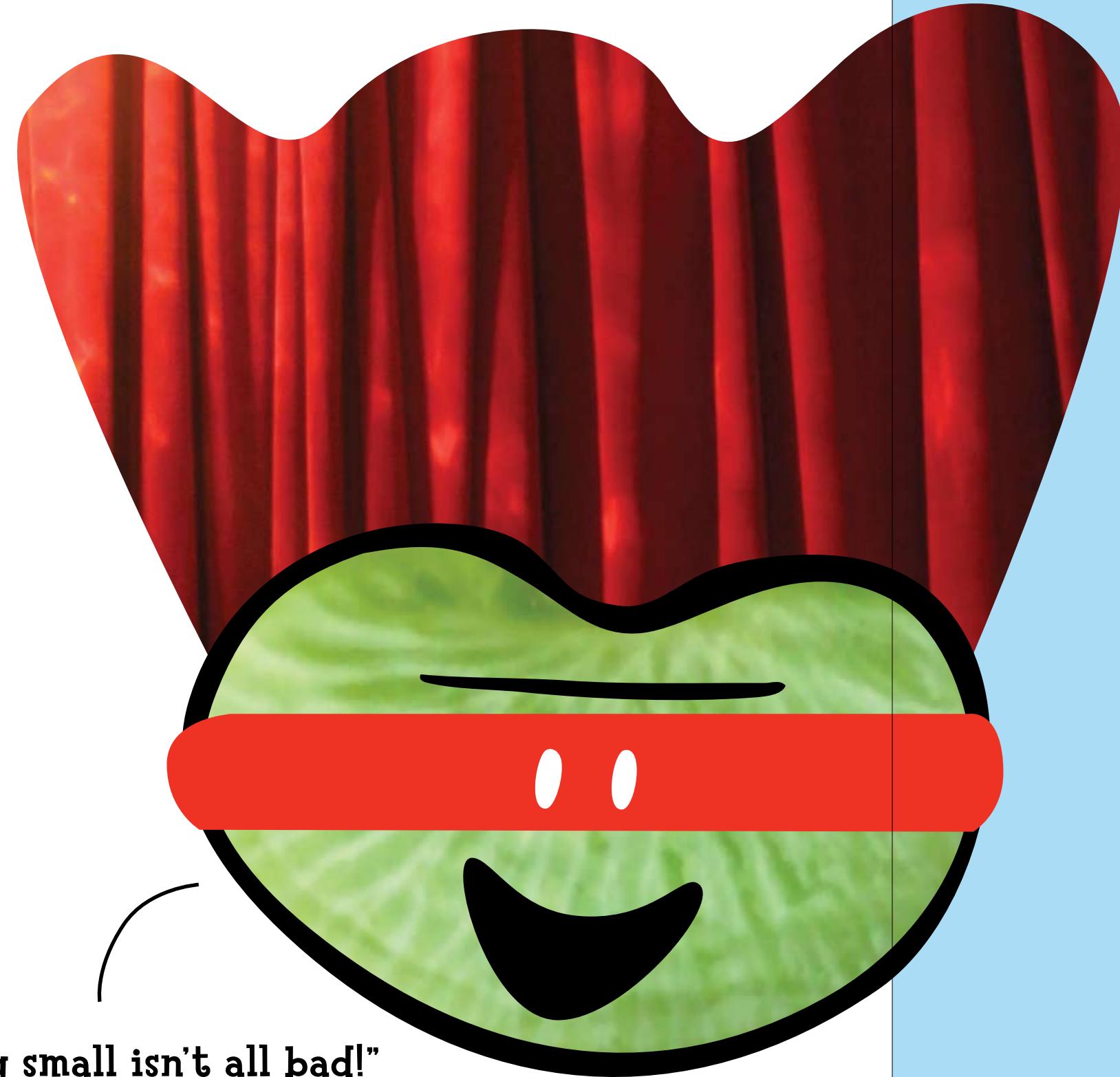
The really really big plate was just too much food.



And the small plate was just right.



Eating from smaller plates promotes portion control



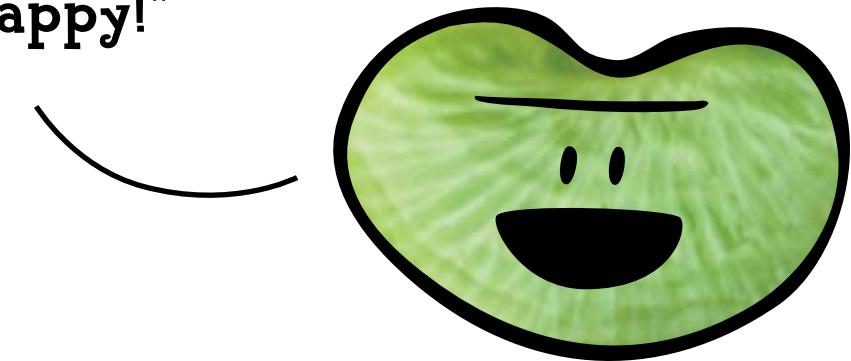
**“Being small isn’t all bad!”**

Simon now knows how strong he can be as a super hero!

## Simon Says

### Answers to questions you and your child may have about the story

**“I want everyone to be healthy and happy!”**



Test your strength, reduce your portion sizes starting today

#### [Why does Simon want to be a super hero?](#)

Being a super hero means you have the strength to do good and be a positive role model to everyone around you.

#### [The story implies that the food found on the large plate is bad for you.](#)

You'll notice that all of the food on the large plate consists of a typical American dinner. But the nutritional value of the meal is very low. The large T-bone steak and butter on the corn is high in saturated fats which are bad for the heart. The corn and potatoes may fall into the vegetable category, but they have very few vitamins and are low in fiber, a hunger killing ingredient.

A steak should only be 4 oz. big, and replacing the corn & mashed potatoes with green beans & a smaller serving of sweet potatoes would provide vitamins & fiber.

#### [What makes the ingredients on the smaller plate so great?](#)

The grilled chicken is a lean protein, broccoli and fruit salad are chock-full of vitamins and fiber. Not to mention, look how colorful it all is compared to what is on the large plate. We taste with our eyes long before we do with our mouths. The more appealing a meal looks, the more excited we are to eat it.

#### [What are easy ways to reduce portion sizes?](#)

1. At home you can use smaller plates. Have the whole family eat at the dinner table and chat about each person's day; this encourages eating slowly. It can take a full 20 minutes for the stomach to communicate to the brain that it is full.

2. When eating snacks, avoid eating straight out of the package. Instead, put a small portion of the snack on a plate or in a bowl. Then, eat the snack in another room from where

your food is stored. This makes it more difficult to refill the snack when you are done and you may think twice before having seconds.

3. Wait 10 to 15 minutes before serving yourself seconds to give your body time to signal your brain how full it feels.

4. It is also important to know that the serving sizes at restaurants are too large. So when eating out, ask for a to go box before the food comes out. When the food arrives, put half of the meal in the box to take home.

5. Always order the smaller sizes at fast food restaurants. Did you know that the kid sized meals at fast food restaurants are actually the appropriate size for an adult meal? Keep this in mind when ordering for yourself and your children.

6. Take the mini-poster out of the back of this book and hang it on your refrigerator for more easy portion control tips.

#### [Why doesn't Simon fly like a real super hero?](#)

Well, that is a story that hasn't been written yet. Maybe you and your child can sit down with some paper and crayons to figure that story out together! What would Simon do or where would Simon go if he flew?

#### [Can't find your question or answer?](#)

More information can be found in the SIMON parent guide.

## About the Author

Liana Lawrance grew up in the mountains of Virginia. When she moved to San Francisco, California to attend grad school, she experienced a bit of culture shock. Once the shock subsided, she developed an interest in defining American culture. During her search for this definition, Liana discovered that Americans loved to eat. She learned that what Americans were eating combined with a mostly sedentary lifestyle was having a negative effect on their health. When she realized the impact of that effect on young children, Liana felt compelled to do something about it. With a strong passion for food, being active, and a desire to impact others in a positive way, Liana created Simon Bean.

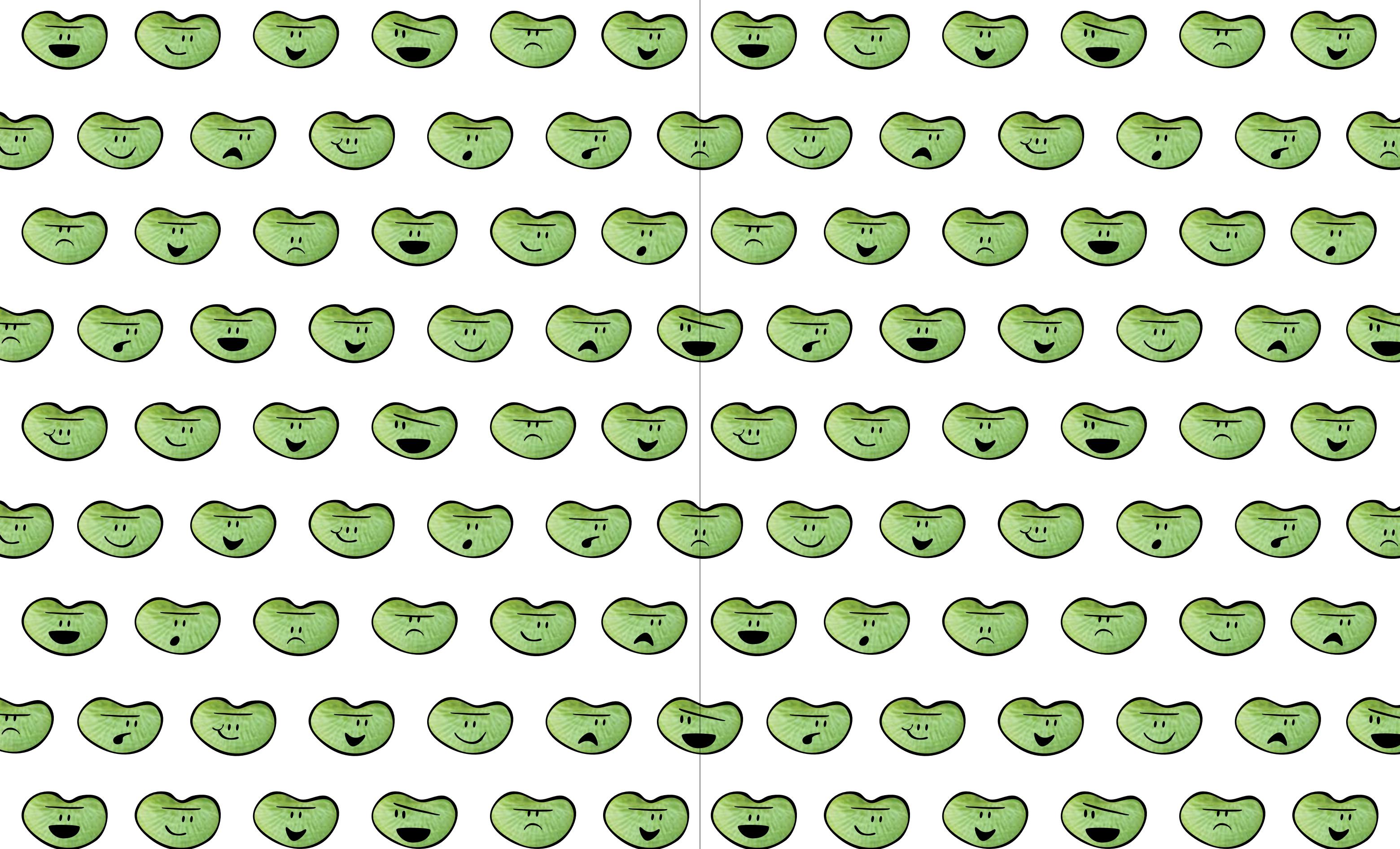
Liana's motivation behind the Simon series is to re-direct American culture with a new icon that creates excitement around healthier habits for America's next generation.

When she's not solving problems with design, Liana spends her time cooking, reading, watching movies, exploring San Francisco, or having fun with her friends. She hopes to one day raise healthy and happy children of her own.

Liana would like to thank the following people: Her parents and friends for their care and patience and her classmates and instructors for their guidance. None of this would have been possible without you.

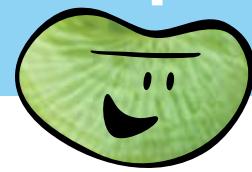


Liana in the kitchen at age 3



# SIMON

One Bean and His Silly Dreams

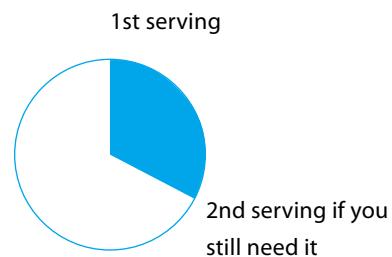


## Portion Power

Take the Simon portion control oath

I \_\_\_\_\_, will do the following every day:

**Always wait 20 minutes  
between servings**



### Make sure to measure

#### Easy to remember measurements

Measuring doesn't mean having cups and spoons with you at all times. Use these suggestions to estimate your serving sizes.

1 Cup = Adult Female Fist



1 Ounce = Adult Thumb



1/2 Cup = 1/2 Baseball



1 Tablespoon = 1/2 Golf Ball



**Have a plate 6 inches big & eat a variety of food**

#### Plate size & food group divisions

Your child's plate should not exceed 6 inches in size, and your plate should not be any larger than 9 inches.

Dividing your plate in the way shown allows you to control your portions of the food products that contribute to unhealthy weight gain, and eat more of the food group that provides lots of vitamins and minerals your body needs to run and grow well.

### Lean Protein



Chicken  
Eggs  
Turkey  
Fish  
Beans or Lentils  
Nuts



### Brown Carbs

Whole Grain Wheat Bread  
Brown or Wild Rice  
Whole Grain Wheat Pasta  
Quinoa  
Whole Grain Wheat Bread  
Whole Grain Pitas

### Fruits & Veggies



NOT just potatoes!

Broccoli  
Carrots  
Green Beans  
Squash  
Peas  
Spinach  
Sweet Potatoes  
Cauliflower  
Avocado  
Strawberries  
Oranges  
Peaches  
Pears  
Apples  
Grapes



Plate size shown is 6"