



## Do you know how much food you should eat?

1. 1 CUP CEREAL = THE SIZE OF...
  - a. A large handful
  - b. A full soup bowl
  - c. A  $\frac{1}{4}$  of the box
  - d. Five handfuls
2. 1 CUP OF FRESH VEGETABLES = THE SIZE OF...
  - a. Enough to cover the bottom of a small pot
  - b. Your fist
  - c. Half the bag
  - d. It depends on the vegetable
3. 1 MEDIUM PIECE OF FRUIT = THE SIZE OF...
  - a. A soccer ball
  - b. A ping pong ball
  - c. A tennis ball
  - d. A basketball
4. 2 OUNCES OF CHEESE = THE SIZE OF...
  - a. Your fist
  - b. Your foot
  - c. Your nose
  - d. Two thumbs
5. 3 OUNCES OF MEAT OR FISH = THE SIZE OF...
  - a. The palm of your hand
  - b. The length of your arm
  - c. Two fingers
  - d. Half the piece
6. 1 TEASPOON = THE SIZE OF...
  - a. A pinch between two fingers
  - b. A  $\frac{1}{3}$  of a water glass
  - c. Tip of your thumb
  - d. Your eyeball
7. 1-2 OUNCES OF SNACK FOOD = THE SIZE OF...
  - a.  $\frac{1}{4}$  of the bag or container
  - b. A small handful
  - c. A sandwich bag full
  - d. A soccer ball
8. 1 SERVING OF STARCH (like potatoes or rice) = THE SIZE OF...
  - a. The inside of your hand
  - b. A spoonful
  - c.  $\frac{1}{4}$  of the pan
  - d.  $\frac{1}{2}$  the plate

\* See back of page for answers

*Answers:*

1. A - A large handful
2. B - Your fist
3. C - A tennis ball
4. D - Two thumbs
5. A - The palm of your hand
6. C - Tip of your thumb
7. B - A small handful
8. A - The inside of your hand