

Date: _____

Name: _____



Comparing Serving Sizes



1. At each station place the amount of food you would typically eat in a bowl or plate.
2. Measure the amount of food.
3. Read the food label and determine the serving size.
4. Measure the food according to the serving size.
5. Compare the amount you served from Step 1 to the recommended serving size.

Food: Chips

of Chips You Served: _____

Recommended # of Chips: _____

Using words and/or drawings, compare the amount of chips you would normally eat to the recommended serving size.

Food: Cereal

of Cups You Served: _____

Recommended # of Cups: _____

Using words and/or drawings, compare the amount of amount you would normally eat to the recommended serving size.

Food: Pasta

of Cups You Served: _____

Recommended # of Cups: _____

Using words and/or drawings, compare the amount of chips you would normally eat to the recommended serving size.

Food: Graham Crackers

of Graham Crackers You Served: _____

Recommended # of Graham Crackers: _____

Using words and/or drawings, compare the amount of chips you would normally eat to the recommended serving size.

Food: Peas/Beans

of Cups You Served: _____

Recommended # of Cups: _____

Using words and/or drawings, compare the amount of chips you would normally eat to the recommended serving size.



Reflection:

1. Think about the amount of food you normally serve yourself and the recommended serving size. In general, did you serve more, less, or the exact amount that is recommended? Please explain.

2. Think about the food pyramid. Are there certain foods that you are more likely to serve yourself more than the recommended amount? Explain.



3. Are there certain foods or food groups that you are more likely to serve yourself less than the recommended amount? Explain.

4. What did you learn from this activity?