

Serving Size Activity Answer Sheet



Sport drink: **bottle** or cup



Pasta: **large plate** or small plate



French fries: 10 fries or **whole plate**



Bagel: **whole** or quarter



Apple: **whole** or half



Salad **half plate** or **whole plate**



Broccoli: 1 piece or **3 pieces**



Chicken breast: **1 piece** or half piece



Beef: 1/2 slice or **whole slice**