

What is a Serving Size?

Activity Sheet



Name six HIGH-QUALITY foods from the different fuel types (Proteins, Fats and Carbohydrates) that make this meal more colorful:

Meal: **Pasta with butter, cheese and a side of French bread**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

It is recommended to eat five or more servings of fresh fruits and vegetables every day so you can perform at your best.

For breakfast, lunch and dinner name one fruit and one vegetable you can add to your meal to reach the recommended number of servings.

Breakfast _____

Lunch _____

Dinner _____

Eating out: The amount you are served in a restaurant is usually much larger than recommended serving sizes. Name 3 ways you can reduce the portion you eat to the recommended serving size.

1. _____
2. _____
3. _____