

Answer Key 2 for “Feed Your Family of Four for \$4 a Day” — Serving Sizes

PILINUT PRESS, INC.

Name: _____

1. Correct serving sizes ensure proper nutrition to support healthy fueling of our bodies. Match the foods listed in the right-hand column with the serving sizes listed in the left-hand column.

1/2 C — cooked vegetable (1/2 C)
1 C — dry cereal (1 C) (check the package though; serving sizes for granolas are often less)
1 — potatoes (1/2 C)
3-4 oz — raw vegetable (1 C)
2 oz/1/4 C — cheese (1 1/2 oz)
1 1/2 oz — nuts (2 oz/1/4 Cup)
1 T — milk (1 C)
1 piece — bread (1 piece)
1 — yogurt (1 C)
1/2 C — dried fruit (2 oz/1/4 Cup)
1/4 C — peanuts or peanut butter (2 oz/1/4 Cup)
1/2 C — fresh fruit (1 C)
1/2 C — rice (cooked) (1/2 C)
1/2 C — oatmeal (dry) (1/2 C)
1/2 C — cooked fruit (1/2 C)
3 to 4 oz — noodles (dry) (2 oz/1/4 Cup)
3 to 4 oz — meat (chicken, pork, beef) (3 to 4 oz)
1 — egg (1)
1/2 C — noodles (cooked) (1/2 C)
1 T — butter (1 T)

©Pilinut Press, Inc. 2013 All rights reserved. Reprint Rights: May NOT be sold. May be copied and downloaded as long as it is not edited and this copyright notice is included. For more information visit www.pilinutpress.com.

2. This exercise requires you to read the serving size information on food packages. For each item listed, write the serving size in the space provided. Check your cupboards or visit a grocery store to discover the answers.

- a. crackers varies from 4 to 16 depending on type b. tuna ¼ Cup or 2 oz
 c. salad dressing 2 T d. dried fruit (raisins/prunes/etc) ¼ Cup
 e. potato chips varies but around 1 oz f. syrup ¼ Cup
 g. honey 1 T h. lunch meat 1 slice
 i. butter or margarine 1 T

3. Sarah is making breakfast. She plans to serve one serving each of scrambled eggs, oatmeal, toast, and orange juice. Write the serving size she needs to prepare for each food.

oatmeal ½ Cup (dry) scrambled eggs 1 egg or 2 egg whites
 toast 1 piece orange juice 1 Cup or 8 oz

4. Tony is making lunch for his three teens. He plans to serve grilled cheese sandwiches, raw baby carrots, applesauce, and milk. That works out to 2 servings of bread, 1 serving of cheese, 1 serving raw vegetable, 1 serving of cooked fruit, and 1 serving of milk. Figure out how much of each item he needs to feed his teens.

How many pieces of bread does he need? 6
 How many slices of cheese does he need? 3
 How many cups of baby carrots does he need? 3
 How much applesauce does he need? 1½ Cups
 How much milk does he need? 3 cups

5. Heather is making an afterschool snack for her son. She plans to serve dried fruit and peanuts. She will provide one serving of each.

How much dried fruit does she serve? ¼ Cup or 2 oz
 How much peanuts does she serve? ¼ Cup or 2 oz

6. What is a serving size for water? 1 Cup or 8 oz

7. How many servings of water should you drink each day? 8 servings or 64 oz

8. Draw a line from each food pictured to the correct serving size for that food.

1 Cup 3 to 4 oz 2oz/¼ Cup ½ Cup

The diagram shows five food items: a slice of pizza, a bag of nuts, a bowl of salad, a jar of jam, and a plate of spaghetti. Lines connect them to serving size options: 1 Cup, 3 to 4 oz, 2oz/¼ Cup, and ½ Cup. The connections are: Pizza to 3 to 4 oz, Nuts to 1 Cup, Salad to 2oz/¼ Cup, Jam to ½ Cup, and Spaghetti to 1 Cup.