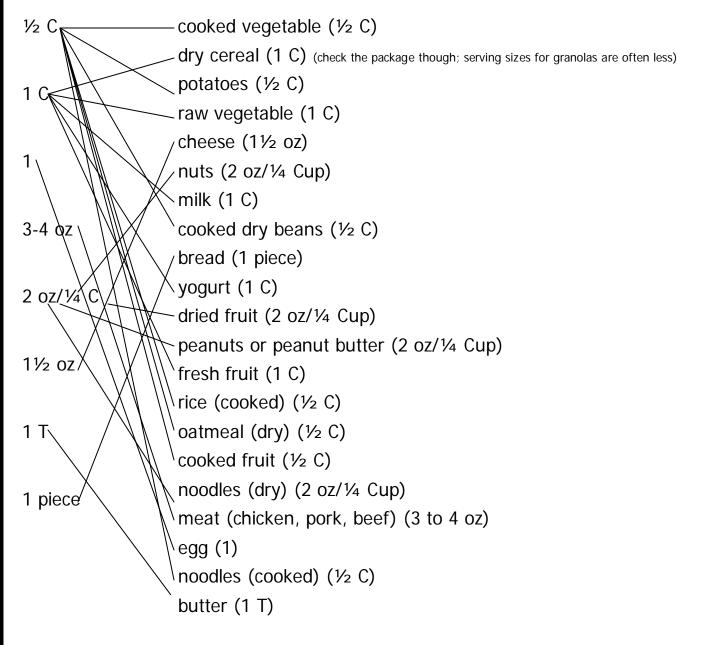
Answer Key 2 for "Feed Your Family of Four for \$4 a Day" — Serving Sizes

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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.



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- 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 1/4 Cup or 2 oz
- c. salad dressing <u>2 T</u> d. dried fruit (raisins/prunes/etc) <u>1/4Cup</u>
- e. potato chips <u>varies but around 1 oz</u> f. syrup <u>1/4Cup</u>
- g. honey <u>1 T</u> h. lunch meat <u>1 slice</u>
- i. butter or margarine <u>1 T</u>
- 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.

oatmeal½Cup (dry)scrambled eggs 1 egg or 2 egg whitestoast 1 pieceorange 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 ne	ed?	3	
How	much	applesauce does he need?	<u>1½ Cu</u>	<u> </u>	_
How	much	milk does he need? <u>3 cups</u>			

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?1/4 Cup or 2 ozHow much peanuts does she serve?1/4 Cup or 2 oz

- 6. What is a serving size for water? <u>1 Cup or 8 oz</u>
- 7. How many servings of water should you drink each day? <u>8 servings or 64 oz</u>
- 8. Draw a line from each food pictured to the correct serving size for that food.

