

# Activity Sheet 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.

½ C	cooked vegetable
	dry cereal
1 C	potatoes
	raw vegetable
1	cheese
	nuts
	milk
3-4 oz	cooked dry beans
	bread
2 oz/¼ C	yogurt
	dried fruit
1½ oz	peanuts or peanut butter
	fresh fruit
	rice (cooked)
1 T	oatmeal (dry)
	cooked fruit
1 piece	noodles (dry)
	meat (chicken, pork, beef)
	egg
	noodles (cooked)
	butter

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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 \_\_\_\_\_
- b. tuna \_\_\_\_\_
- c. salad dressing \_\_\_\_\_
- d. dried fruit (raisins/prunes/etc) \_\_\_\_\_
- e. potato chips \_\_\_\_\_
- f. syrup \_\_\_\_\_
- g. honey \_\_\_\_\_
- h. lunch meat \_\_\_\_\_
- i. butter or margarine \_\_\_\_\_

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 \_\_\_\_\_
- scrambled eggs \_\_\_\_\_
- toast \_\_\_\_\_
- orange juice \_\_\_\_\_

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? \_\_\_\_\_
- How many slices of cheese does he need? \_\_\_\_\_
- How many cups of baby carrots does he need? \_\_\_\_\_
- How much applesauce does he need? \_\_\_\_\_
- How much milk does he need? \_\_\_\_\_

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? \_\_\_\_\_
- How much peanuts does she serve? \_\_\_\_\_

- 6. What is a serving size for water? \_\_\_\_\_
- 7. How many servings of water should you drink each day? \_\_\_\_\_
- 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

