

Serves You Right

Name: _____

MATCHING GAME

Can you guess how much is a serving? A serving of each food or group of foods listed on the left matches up in size with one of the things listed on the right. Draw a line to connect each left-hand food with the correct right-hand object. Use the *Portion Distortion—It's How Much You Eat That Counts Bright Paper* to check your answers.

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|---|--|
| 1/2 cup fruit, vegetables, cooked cereal, pasta or rice  |  computer mouse |
| 3 ounces cooked meat, poultry or fish  |  6 dice |
| 1 tortilla  |  4 checkers |
| 1/2 bagel  |  baseball |
| 1 teaspoon of margarine or butter  |  Small soft drink lid |
| 2 tablespoons of peanut butter  |  Your thumb tip |
| 1 small baked potato  |  Deck of cards |
| 1 pancake or waffle  |  Small fist |
| 1 medium apple or orange  |  Golf ball |
| 4 small cookies  |  Small 7-inch plate |
| 1 1/2 ounces of cheese  |  1 music CD |

Get even smarter about healthy eating at www.kidnetic.com/guide.

