Portion Sizes

Fill in the blanks:

1. One _____ of cooked rice/ pasta/ noodles/ cous cous accounts for one portion of carbohydrates.

2. One _____ fruit such as an apple, orange, banana accounts for one portion of fruit and vegetable. You should have _____ of these a day.

3. _____ thumbs of cheese is one serving size for dairy. Dairy helps our _____ to grow nice and strong.

4. Half a _____ of meat is a single portion. We need two _____ of meat/ fish/ eggs/ poultry/ beans/lentils a day.

5. One portion pack of butter or _____ accounts for our daily allowance of fat and oil.

6. Unsweetened fruit juices only account for _____ portion of fruit and vegetables a day.

Word Bank:

- 5-7
- palm
- one
- medium
- portions
- cup
- two
- spread
- bones