

## HEALTHY FOOD PORTIONS

1. Define Portion 1mk
2. Define serving. 1mk
3. Why is it important to choose healthy portions? 3mks
4. For the following images write the amount it is equivalent to in regards to serving size. Example, 2 cups etc.



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5. Draw the quarter plate method. 5mks

6. List 5 tips for choosing healthy portion sizes. 5mks

7. On a separate page(s) draw a picture of a healthy breakfast, lunch and dinner using the  $\frac{1}{4}$  plate method. Choose foods that you enjoy and are also nutritious.