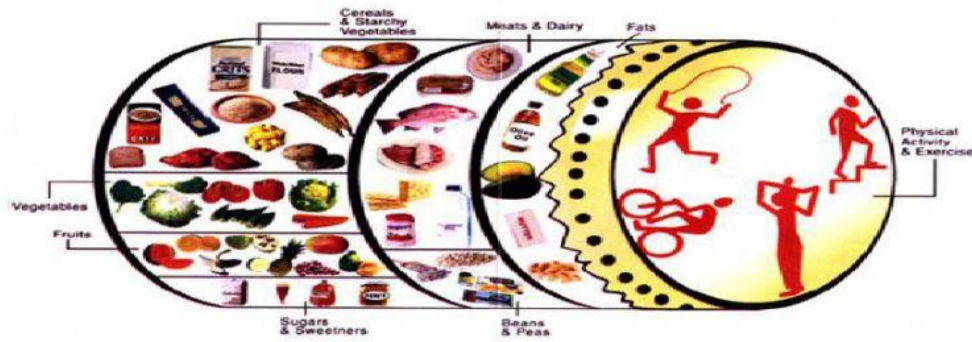


Watching our diet



1. How many fruits should be eaten per day?

- A. 3 to 4 daily B. 2 to 3 daily C. Any amount daily
 D. Use is a small amount of daily E. 6 to 1 serving daily

2. Use the Food Drum to list the following.

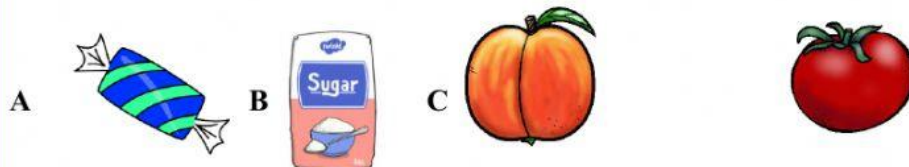
Choose two vegetables:



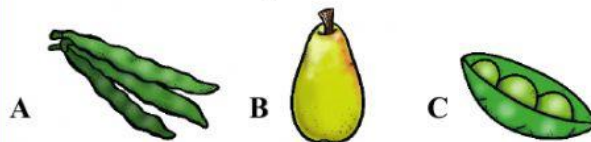
Choose two fruits:



Choose two sugar & sweeteners:



Choose two beans & peas:



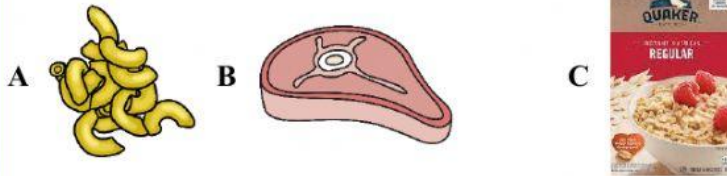
Choose two meat & dairy



Choose two food that contains Fat



Choose two cereal and starchy vegetables:



3. Explain what a serving is

- A. It is a standard amount of food recommended for a meal or snack.
- B. Any amount for a meal or food recommended snack.
- C. It is a standard amount of food recommended for a lunch or snack.

3. Explain what a portion size is

- A. It is a standard amount of food recommended for a meal or snack.
- B. It is the amount of food an individual chooses to eat.
- C. It is the amount of food an individual is given to eat.