Portions and Servings

Watch the video and choose whether the statements are ***true*** or ***false***.

1. The plate method works for people with diabetes — True | False
2. Use a 7" plate for adults. — True | False
3. Plantain is a starchy vegetable. — True | False
4. Salad is a non-starchy option. — True | False
5. People with diabetes can eat starchy vegetables. — True | False
6. You can fill half of your plate with rice. — True | False
7. You should fill a quarter of your plate with protein. — True | False
8. You should add sugar to your coffee. — True | False
9. Drinking a glass of milk affects your blood sugar as it would if you ate a slice of bread. — True | False
10. You can use the plate method to make soup. — True | False

Saber, Part 1

Where can you see these signs?

1.

a. in a restaurant

b. on box of milk

c. on a bag of rice

2.

a. in a grocery store

b. on a farm

c. in a butchery

3.

a. in a swimming pool

b. in a hair saloon

c. in a kitchen

4.

a. in a club

b. in a restaurant

c. in a store

5.

a. in a supermarket

b. in a park

c. in a church

Saber, part 3.

Responda las preguntas 6 a 10 de acuerdo con el ejemplo

Complete las cinco conversaciones.

En las preguntas **6 - 10**, marque **A**, **B**, o **C** en su hoja de respuestas.

Ejemplo:

Choose the best option to complete the conversation.

6. Can you pass me the salt?

a. Here you are
b. Yes, please
c. It's all right

7. I can't eat a cold sandwich. It is horrible!

a. I hope so
b. I agree
c. I am not

8. I'd like the pasta, please.

a. Certainly
b. I hope so
c. Do you like it?

9. Shall we eat now?

a. Good idea!
b. This is fine
c. It's the same

10. What would you like for dessert?

a. I need it.
b. A piece of chocolate cake
c. That was great!