



Activity 16

True or false



Answer true or false for the following statements about serving sizes and portion control.

	True	False
Weighing your food is not the best way to measure how much food you are having.	☐	☐
A portion is how much of one type of food you eat in the whole day.	☐	☐
By using portion control, you can make sure you do not overeat.	☐	☐
Serving sizes are normally given on food labels.	☐	☐
Regular overeating can cause obesity.	☐	☐