



Activity 22

## 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.		



Activity 23

## Matching

Match the food on the left with the suggested portion size on the right. You can use your textbook to help you.

Hummus
Breakfast cereal
Cheese
Fruit juice
Sunflower seeds

Three handfuls
One small glass
Two tablespoons
One small handful
Two thumbs

