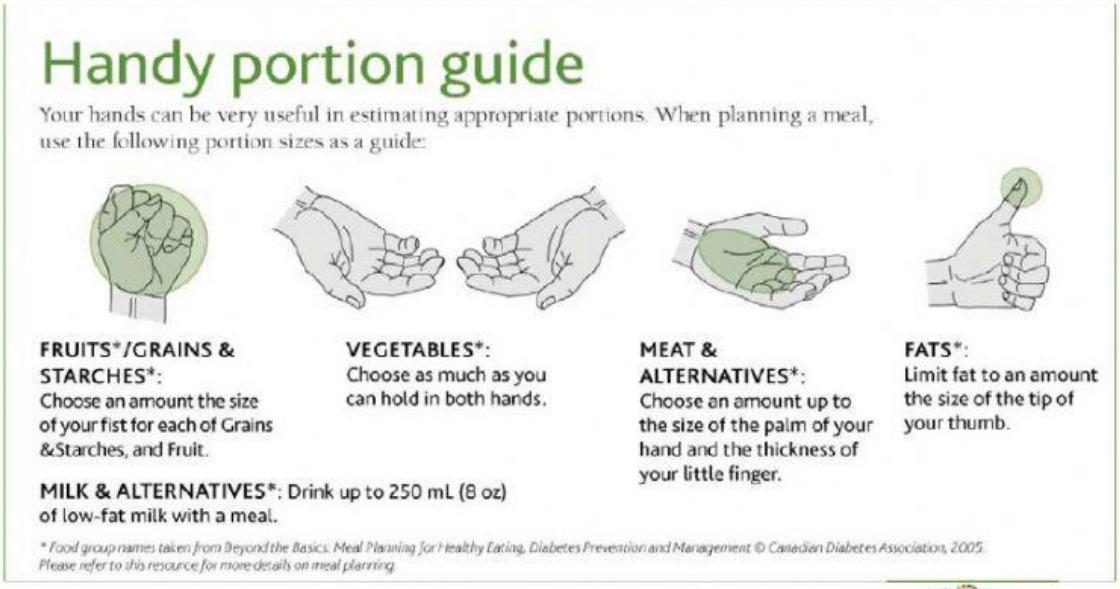
Canada's Food Guide – Activity 2, Worksheet 2 – CLB 2-3

Hand Portion Guide

Our hands can help us decide how much food is a good serving.
Read each example below and talk about it with your class.



Put one word in each sentence.

1. A serving of **fruit** is the size of my _____.
2. A serving of **grain products** is the size of my _____.

3. A serving of **vegetables** is what I can hold in _____ hands.

4. A serving of **meat** is the size of my _____.

5. A good amount of **fat** is the size of the tip of my _____.
6. Based on these amounts, do you think you eat about the serving sizes that are suggested?
7. At your next meal, try this method and report back to the group about the serving sizes you ate.