

# 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

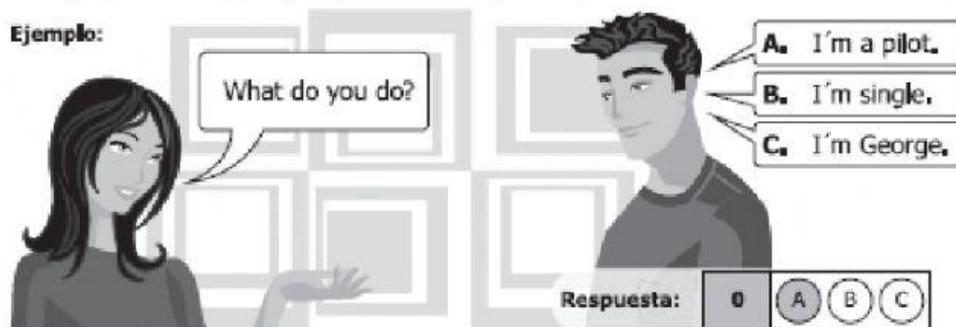
**Saber, part 3.**

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

9. Shall we eat now?

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

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

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

10. What would you like for dessert?

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

8. I'd like the pasta, please.

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