



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. | <input type="checkbox"/> | <input type="checkbox"/> |
| A portion is how much of one type of food you eat in the whole day.             | <input type="checkbox"/> | <input type="checkbox"/> |
| By using portion control, you can make sure you do not overeat.                 | <input type="checkbox"/> | <input type="checkbox"/> |
| Serving sizes are normally given on food labels.                                | <input type="checkbox"/> | <input type="checkbox"/> |
| Regular overeating can cause obesity.                                           | <input type="checkbox"/> | <input type="checkbox"/> |