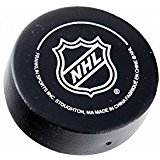
**Portion Size Activity**

1. Which one of these items represent a serving size of a fruit?

Golf ball Baseball Hockey Puck



1. Which one of these items represent a serving size (3oz) of chicken?

Deck of cards Computer mouse Punching fists

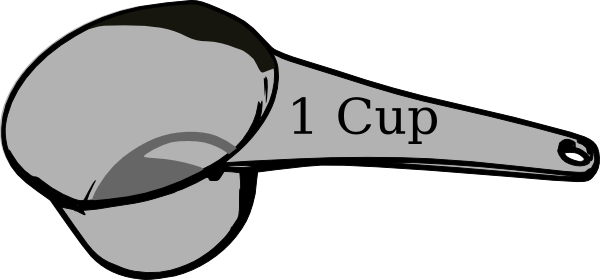


1. Which one of these items represent a serving size (1oz) of cheese?

Cassette tape 4 dice  Tennis ball



1. A potato is equivalent of the serving size of?

1 cup ½ cup 2 tablespoons

