

HANDOUT: QUIZ—VISUALIZING FOOD PORTIONS

The U.S. Department of Agriculture’s (USDA) dietary recommendations are given in measured quantities such as ounces, cups, tablespoons, etc. For example, the new USDA Food Guide Pyramid suggests that for a person consuming 2,000 calories a day, he or she eat 5 ½ ounces of meat and beans, two cups of fruit, 2 ½ cups of vegetables, and six ounces of grain. (The new pyramid allows for differences in daily calorie consumption depending upon a person’s age, gender, and activity level.)

However, most of us aren’t able to visualize what 5-½ ounces or one cup looks like, and we often don’t have a food scale and other measurement tools nearby. However, being able to visualize these measures can help us determine our portions—the amount of a particular food we eat at a given time—that will help us keep track of our total recommended diet for our age, gender, and the amount of exercise we get.

Match up the food and its measured quantity with its visual equivalent by drawing a line from each food item on the left to its appropriate visual depiction on the right. Photocopy this handout or just the activity and have your whole family participate.

Measured Food	Visual Equivalent
Three ounces of cooked meat, fish or poultry	A hockey puck
Half of a medium bagel	A ping-pong ball
Half of a cup of raw vegetables or fruit	A light bulb
A small baked potato	A computer mouse
1 ½ ounces of cheese	A deck of cards
Two tables of peanut butter	Three dominoes

Encourage family discussion following the activity. Use these questions as discussion starters.

- Were the depictions of the measured foods as expected?
- Why is portion size important?

Quiz: Visualizing Food Portions—continued

Answers to Quiz:

- Three ounces of cooked meat, fish, or poultry is the size of a deck of cards.
- Two tablespoons of peanut butter is the size of a ping-pong ball.
- One half of a medium bagel is the size of a hockey puck.
- 1 ½ ounces of cheese is the size of three dominoes.
- A small baked potato is the size of a computer mouse.
- One-half cup of raw vegetables or fruit is the size of a light bulb.

Source: The website of the American Dietetic Association (www.eatright.org)