

SERVES

YOU RIGHT

MATCHING GAME

Can you guess how much a serving is? A serving of each food listed on the left matches up in size with one of the things on the right. Draw a line to connect each left-hand food with the correct right hand object. Some objects on the right will have several lines drawn to them.

1 cup milk

1 cup leafy vegetables

1/2 cup cooked vegetables

1 1/2 ounces natural cheese

1 slice bread

1/2 cup cooked rice, pasta, or cereal

3 ounces meat, fish or poultry

1 small apple, orange or medium pear

1 cup cooked dry beans

1/2 cup chopped or canned fruit

1 cup ready to eat cereal

2 tablespoons peanut butter

1 pancake or waffle



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GAME: Answers

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1 cup milk (milk carton)



1 cup leafy vegetables (baseball)

½ cup cooked vegetables (computer mouse)



1 ½ ounces natural cheese (2 dice)

1 slice bread (music CD)



½ cup cooked rice, pasta, or cereal (computer mouse)



3 ounces meat, fish or poultry (deck of cards)

1 small apple, orange or medium pear (baseball)



1 cup cooked dry beans (baseball)

½ cup chopped or canned fruit (computer mouse)



1 cup ready to eat cereal (baseball)

2 tablespoons peanut butter (golf ball)



1 pancake or waffle (music CD)