

FOOD

Portion Size



Lean Meat



Deck of Cards



Raw Vegetables



Two Golf Balls



Leafy Vegetables



Tennis Ball



Fresh Fruit



Two Golf Balls



Milk



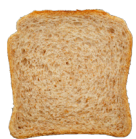
Carton of Milk



Whole Grain Cereal



Tennis Ball



Whole Grain Bread



DVD



Whole Grain Pasta



Two Golf Balls



Cheese



Battery



Butter



Die

FOOD

Portion Size



Lean Meat



Palm



Raw Vegetables



Handful



Leafy Vegetables



Fist



Fresh Fruit



Handful



Milk



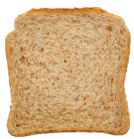
Fist



Whole Grain Cereal



Fist



Whole Grain Bread



Flat Hand



Whole Grain Pasta



Handful



Cheese



Thumb



Butter

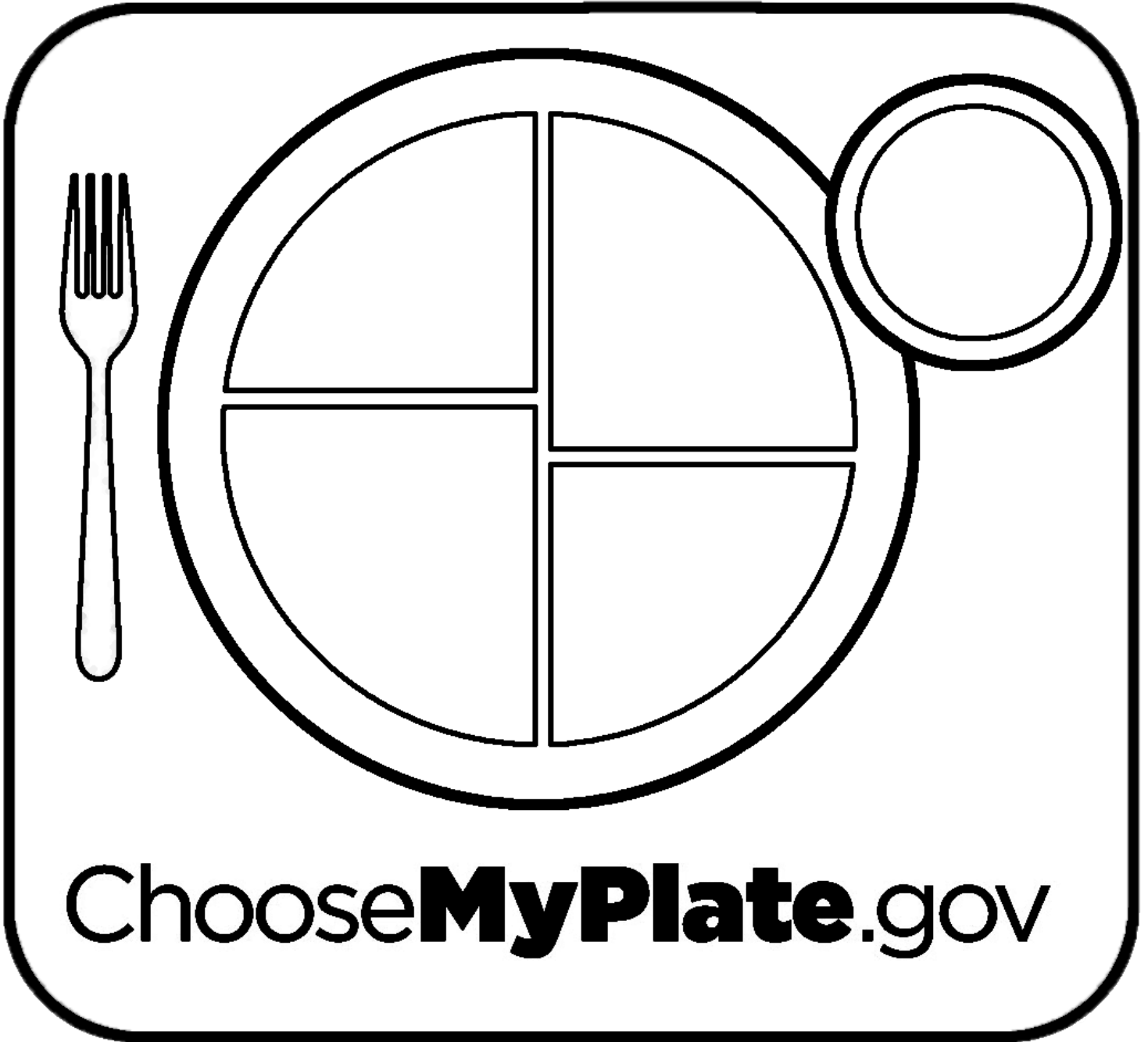


Thumb Tip

Name _____

MyPlate

Think about what healthy foods you would like to eat at meal time.
Draw or write them in the correct section of the MyPlate below.



Name _____

Pick a Perfect Portion

In the circles on the left, draw or write about three of your favorite foods. In the circle across from each food, write or draw what the perfect portion size for your body is!

The worksheet features six large circles arranged in two columns. The left column contains three light green circles, and the right column contains three dark green circles. Each circle is intended for drawing or writing about a favorite food and its perfect portion size. The circles are arranged in a staggered pattern, with three circles in each column. The top row has a light green circle on the left and a dark green circle on the right. The middle row has a light green circle on the left and a dark green circle on the right. The bottom row has a light green circle on the left and a dark green circle on the right. There are also several smaller solid circles of varying sizes scattered between the larger circles, some overlapping them.