

## SESSION 6 AT HOME ACTIVITY/ SERVING SIZE WORKSHEET

### Determine serving sizes using this worksheet.

1. Find your age group in the table to the side.
2. Look at how many servings you need in a day for each food group  
**Example:** I am a 12-year old girl, so I need 2 cups of vegetables, 1.5 cups of fruits, 3 cups of dairy, 5 ounces of meat, and 5 ounces of grains every day
3. So if I am 12 years old and I need 2 cups of vegetables, how many servings of vegetables is that? A serving is about a  $\frac{1}{2}$  cup, which is about the size of your fist.  
4. To calculate:  
 $\frac{1}{2}$  cup +  $\frac{1}{2}$  cup = 1 cup  
 $\frac{1}{2}$  cup +  $\frac{1}{2}$  cup = 1 cup  
1 cup + 1 cup = 2 cups-that's what I need each day, which is the same as 4 servings!

[ Have your parents help you with the math. ]

So hold up your fist and make sure you have that much 4 times a day.

### OPTIONAL

**Readb4eat.org** is an interactive online game that teaches young people about making healthy choices and how to read nutrition labels. Youth choose a character, play the game and earn points for the healthy choices they make throughout the day.

## DAILY AMOUNT OF FOOD NEEDED FROM EACH GROUP

	BOYS		GIRLS	
	9-13	14-18	9-13	14-18
<b>VEGGIES</b>	2.5 cups	3 cups	2 cups	2.5 cups
<b>FRUITS</b>	1.5 cups	2 cups	1.5 cups	1.5 cups
<b>DAIRY</b>	3 cups	3 cups	3 cups	3 cups
<b>LEAN MEAT / BEANS</b>	5 ounces	6 ounces	5 ounces	5 ounces
<b>GRAIN</b>	6 ounces	7 ounces	5 ounces	6 ounces

**Source:** Tips and Resources. (2008) United States Department of Agriculture.  
[http://www.mypyramid.gov/tips\\_resources/index.html](http://www.mypyramid.gov/tips_resources/index.html)

