

Name: _____

What's the Serving Size?

Using *Canada's Food Guide to Healthy Eating*, determine the food group or Other Foods category to which each food belongs. Then determine the amount of one serving for each of the foods.

FOOD	FOOD GROUP OR CATEGORY	ONE SERVING EQUALS
bread	e.g., Grain Products	e.g., 1 slice
carrot		
peanut butter		
corn flakes		
chocolate milk		
butter		
salad		
pita bread		
cheese slices		
canned tuna		
pear		
cantaloupe pieces		
potato chips		
apple juice		
water		
French fries		
lentils		
rice		
eggs		

