

Name: _____

Serving Size Stumpers

1. If 125 mL of seeds equals one serving of *Meat & Alternatives*, how many servings of pumpkin seeds does the class have if they collect 375 mL when they carve their Jack-O-Lantern for Hallowe'en?
2. Pat counted all the food she ate in one day that contained milk: 125 mL milk on breakfast cereal, 250 mL milk in cream of tomato soup, a 250 mL carton of milk, and 125 mL chocolate pudding made with milk. How many servings of *Milk Products* did Pat have?
3. Raj won the pasta-eating contest at school when he ate 2 litres of spaghetti at one sitting. How many servings of *Grain Products* did Raj eat?
4. Lily wants to count the number of servings of *Vegetables & Fruit* she ate yesterday. She ate 125 mL orange juice, 1 banana, 10 strawberries (about 250 mL), 250 mL tossed salad, 1 baked potato, 125 mL broccoli and 250 mL fruit salad. How many servings did she have?

