

## MANAGING SELF

LIFE  
EDUCATION

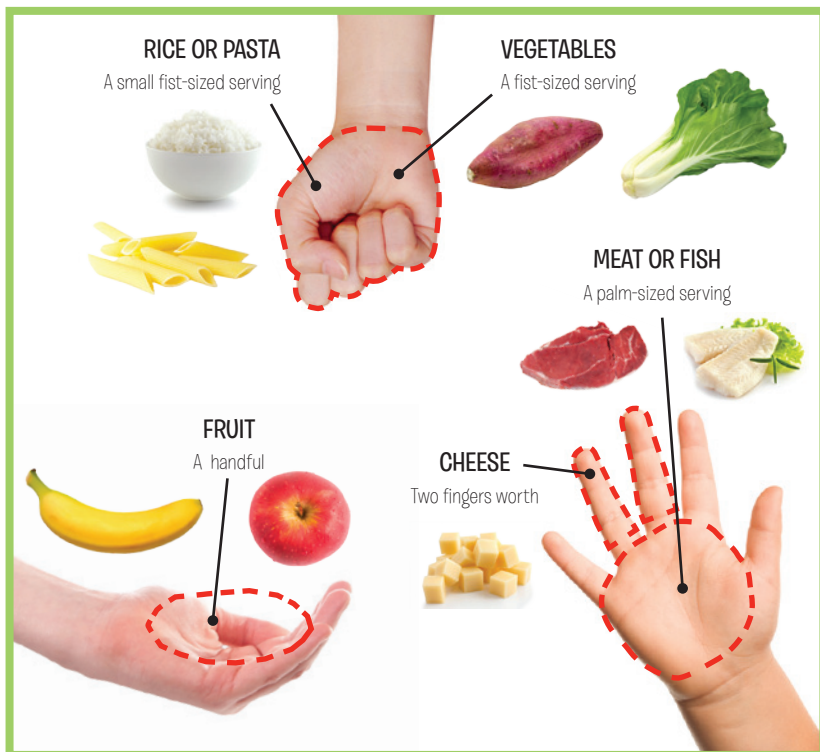
Learning with Harold



## SERVING IT UP!

A hands-on approach to portion size

Choosing from a good mix of foods over the day helps you to have a balanced diet. But how much of each food should you eat? Your hands can help you work out how much is in a serving!



EXPLORE!



## How many servings do you need?

Now you know that a serving of meat will fit in the palm of your hand. But is it OK to eat six servings of meat in a day, even if you eat from all the other food groups, too? A balanced diet needs a mix of foods, but in the right amounts, so that would not be a healthy idea. Here is a guide:

- Fruit and veges: at least 5 servings a day
- Bread and cereals: 5 to 6 servings a day
- Dairy products: 2 to 3 servings a day
- Meat and fish: at least 1 serving a day.

Play this game with a friend to improve your knowledge of serving sizes.

1. First copy and cut out the cards below.
2. Shuffle the cards and take six cards each.
3. Take turns to place a card on the desk, face up.
4. The first to make the correct hand shape for a serve of the food gets a point.
5. Try creating other food cards to vary the game and make it more fun.

