

Portions & Potions - Activity Card

Why is portion size important? -

Sometimes it is not enough to just eat the right things, we need to make sure that we eat the right amount of each food for our bodies, by controlling our portion sizes.

Portion sizes change depending on your age, gender and size so it is sometimes confusing to know what is right for us as individuals.

The Challenge -

Use the Eatwell Guide to name the different types of food you should be eating each day. The size of each coloured section represents how much of that type of food you should be eating and drinking in one day!

Green - Fruit & Vegetables, vitamins, minerals & fibre

Yellow - Starchy Foods, energy, nutrients & fibre

Pink - Proteins, protein, vitamins & minerals

Blue - Dairy, calcium, vitamins & proteins

Purple - Fats & Oils, used sparingly

But how do you measure these portion sizes? Try to match the handy portions to the food type on the plate.

Don't forget your drinks! The best drink you can have is water, but how many glasses should you have in one day? (5-8)

Fruit juice can also be good for you and counts as 1 of your 5-a-day. Make sure it is sugar free and of fruit concentrate but you shouldn't have anymore than 150ml.

Extension Home Learning - Food Labels



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2-3 Palmfuls



5 Fistfuls



1 Thumb



3-4 Cupful's



3-4 Finger
to Thumb