

Name _____

Serving Size Estimates

Procedure:

1. Pick **three packaged foods** and give yourself a **portion** from **each** (without reading Nutrition Facts first).
2. **Identify** the **serving size** on the **Nutrition Facts** of each package. **Record** each serving size in the table. (Units too.)
3. Use measuring **tools** to **measure** your **portion**. **Record** your portion in the table. (Units too.)
4. **Compare** your **portion** with the **serving size** listed on the Nutrition Facts. Check whether your portion was **less**, **close**, or **more** than the serving size listed on the Nutrition Facts?

Food	Serving Size on Nutrition Facts	Portion you served yourself	Comparison (X only one for each food.)
			less
			close
			more
			less
			close
			more
			less
			close
			more

Describe what would help you estimate serving sizes even better.
