



Lesson #12 Activity

Fit4Kidz Healthy Portions

Instructions: Check one of the boxes next to the foods given below to indicate whether they are examples of healthy or unhealthy portion sizes.



	<u>Healthy Portion</u>	<u>Unhealthy Portion</u>
1 slice of pizza	<input type="checkbox"/>	<input type="checkbox"/>
A whole pizza	<input type="checkbox"/>	<input type="checkbox"/>
A large garden salad	<input type="checkbox"/>	<input type="checkbox"/>
An apple	<input type="checkbox"/>	<input type="checkbox"/>
A pint of ice cream	<input type="checkbox"/>	<input type="checkbox"/>
10 chocolate chip cookies	<input type="checkbox"/>	<input type="checkbox"/>
A turkey sandwich with lettuce	<input type="checkbox"/>	<input type="checkbox"/>
2 cubes of cheese	<input type="checkbox"/>	<input type="checkbox"/>
1 bowl of cereal with low fat milk	<input type="checkbox"/>	<input type="checkbox"/>
A whole bag of potato chips	<input type="checkbox"/>	<input type="checkbox"/>
12 baby carrots	<input type="checkbox"/>	<input type="checkbox"/>

