Serving Size Stumper

For each statement below, choose the common item that most resembles the serving size of the indicated food.

- 1. A 1 oz. serving of cheese is the size of:
- a) 2 ping pong balls
- b) an ice cube
- c) 2 stacked dice



- 2. 1 serving of a bagel is the size of:
- a) yo-yo
- b) CD disc
- c) saucer



- 3. A medium baked potato is the same size as:
- a) a woman's hand
- b) tennis ball
- c) computer mouse

4. A 3 oz serving of meat is the same size as:

- a) the sole of a woman's foot
- b) deck of cards
- c) a slice of bread



- 5. A ¹/₂ cup serving size of vegetables is the same size as a:
- a) tight fist
- b) softball
- c) computer mouse



6. A ¹/₂ cup serving size of

pasta is the same size as:

- a) enough to fill a coffee cup
- b) 1 pair of rolled up socks
- c) ½ of a baseball
- 7. A 1 cup serving size of milk
- or yogurt is the same size as:
- a) ice cream scoop
- b) baseball
- c) grapefruit



8. A 2 tablespoon serving size of peanut butter is the same size as:

- a) golf ball
- b) an ice cube
- c) 2 stacked dice





Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture and the County Courts of Texas Cooperating.

Serving Size Stumper

For each statement below, choose the common item that most resembles the serving size of the indicated food.

1. A 1 oz. serving of cheese is the size of:

- a) 2 ping pong balls
- b) an ice cube 🗸
- c) 2 stacked dice



- 2. 1 serving of a bagel is the size of:
- a) yo-yo 🗸
- b) CD disc
- c) saucer



- 3. A medium baked potato is the same size as:
- a) a woman's hand
- b) tennis ball
- c) computer mouse 🗸

4. A 3 oz serving of meat is the same size as:

- a) the sole of a woman's foot
- b) deck of cards 🗸
- c) a slice of bread



5. A ½ cup serving size of vegetables is the same

size as a:

- a) tight fist 🗸
- b) softball



- 6. A ¹/₂ cup serving size of pasta
- is the same size as:
- a) enough to fill a coffee cup
- b) 1 pair of rolled up socks
- c) ½ of a baseball ✓
- 7. A 1 cup serving size of milk

or yogurt is the same size as:

- a) ice cream scoop
- b) baseball 🗸
- c) grapefruit



8. A 2 tablespoon serving size of peanut butter is the same size as:

- a) golf ball 🗸
- b) an ice cube
- c) 2 stacked dice





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