



Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



6 to 7 ounces
(175 to 200 g)

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Activity 6.4 Food and Portion Memory Cards

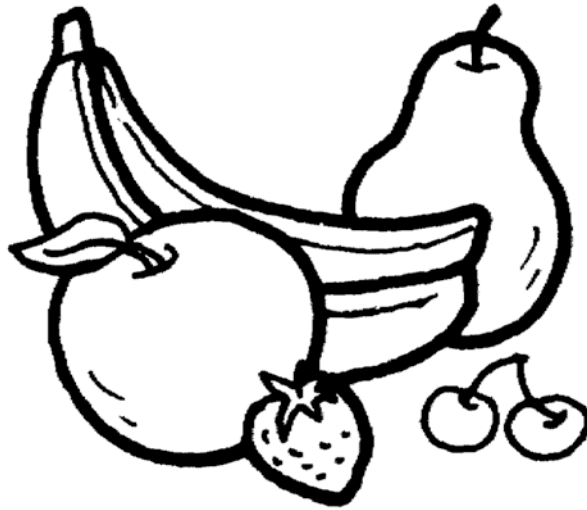
From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



2 1/2 to 3 cups

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



1 1/2 to 2 cups

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Activity 6.4 Food and Portion Memory Cards

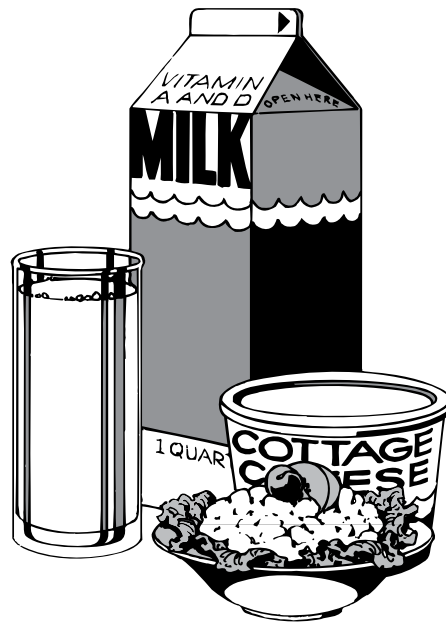
From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



**5 to 6
teaspoons
allowed**

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Activity 6.4 Food and Portion Memory Cards

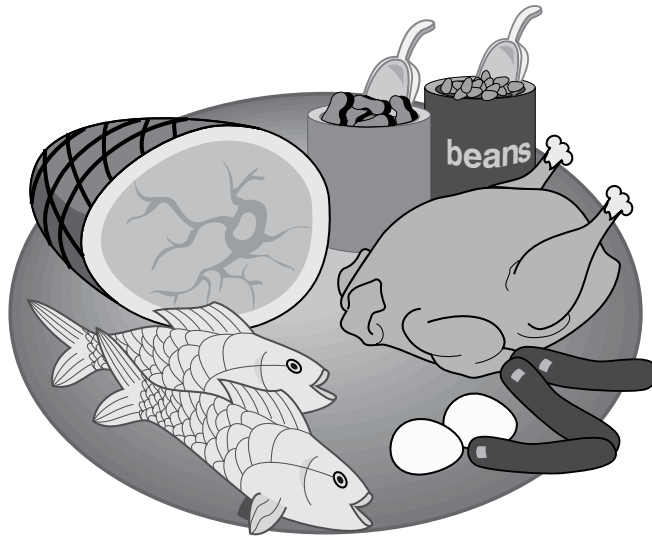
From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



3 cups

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).



5 to 6 ounces (150 to 175 g)

Activity 6.4 Food and Portion Memory Cards

From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).