

FOOD AND PORTION MEMORY CARD KEY

Food group pictures	Servings
OATIS ASI	6 to 7 ounces (175 to 200 g)
	2 1/2 to 3 cups
	1 1/2 to 2 cups
Olive	5 to 6 teaspoons allowed
NILA 10 UNGE 10 UNGE 1	3 cups
bear	5 to 6 ounces (150 to 175 g)

Activity 6.4 Food and Portion Memory Card Key From NASPE, 2011, *Physical Best activity guide: Middle and high school levels*, 3rd edition (Champaign, IL: Human Kinetics).