

Food Portion

For Primary 4 - 6 Students

To obtain balanced nutrition, we have to eat a variety of foods among all food groups every day.

Please circle the letter(s) of the correct answer(s) (you may circle more than one answer).

Food groups:

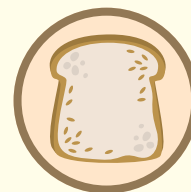
"One serving" is approximately equal to:



A. 1 tablespoon of cooked rice



B. 1 bowl of cooked spaghetti



C. 1 slice of bread



A. 1 bowl of cooked mushrooms



B. 1/2 bowl of cooked lettuce



C. 1 bowl of garden salad



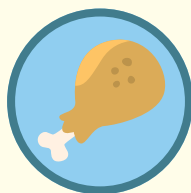
A. 1 tablespoon of dried fruit



B. 1/2 bowl of cut-up fruit



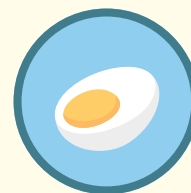
C. 1 piece of medium-sized apple



A. 1 piece of drumstick



B. 1 piece of silky tofu



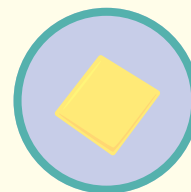
C. 1/2 piece of egg



A. 1 glass of calcium-fortified low-sugar soy milk



B. 2/3 cup of low-fat plain yoghurt (about 150 ml)



C. 1 slice of low-fat cheese



Learn more about food portion



<https://school.eatsmart.gov.hk>