



Review

Print out this quiz and have students answer individually OR read the questions out loud and discuss answers as a group. If need be, review the Chalk Talk so your group is familiar with how to read a nutrition label.

As you discuss the answers, be sure to talk about the importance of looking at labels and the fact that the size of your hand directly influences your portion size.

People with smaller hands are typically smaller people, and will need fewer calories. For instance, an 11-year-old female volleyball player doesn't need the same amount of food as a 16-year-old male football player.

Answers

1. A
2. A
3. C
4. B
5. B
6. C
7. A
8. C
9. C
10. C

Nutrition



Review

Eating healthy foods before, during, and after practice is one important aspect of sports nutrition; eating the proper amount is another. Although calorie needs for athletes vary widely, paying attention to serving sizes will help them maintain a proper, healthy diet. Serving sizes are usually listed on the nutrition label of packaged foods or can be easily found on the Internet.

Question 1



How many grapes make up one serving size?

- a 30
- b 15
- c 40

Question 2



How big is one serving size of most cereals?

- a About one fist
- b About two fists
- c About a medium-sized bowl

Question 3



A serving size for peanut butter is two tablespoons. What object is closest to that size?

- a A tennis ball
- b About the size of your thumb
- c A ping pong ball

Question 4



How many slices is two servings of pizza?

- a One slice, approximately the size of your open hand.
- b Two slices, approximately the size of both your hands, open side by side.
- c Three slices, approximately the size of three open hands, side by side.

Question 5



How many gummy bears make up one serving size (140 calories)?

- a 30
- b 17
- c 9

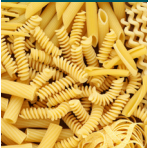
Question 6



One ounce is the recommended serving size for potato chips. About how many chips is that?

- a 30
- b 21
- c 15

Question 7



A serving of cooked pasta is half of a cup. Approximately how big is that?

- a The size of your balled fist.
- b The size of your hand, opened up.
- c The size of two balled fists put together.

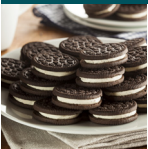
Question 8



How many cups of pasta are in a typical restaurant portion?

- a 1—or 50% more than a serving size.
- b 3—or 100% more than a serving size.
- c 6—or 250% more than a serving size.

Question 9



How many Oreos equal one serving size?

- a 5
- b 4
- c 3

Question 10



One serving of meat—fish, chicken, beef—is about how big?

- a The size of the bottom of your foot.
- b The size of a small book.
- c The size of your open palm.