

## Lesson 6 - What IS One Serving?

Coaches...Got 15 bucks? Go to your local super store and splurge on one of the most valuable Nutrition teaching kits you'll ever own. You may even have these things lying around the house. Here's the list:

- 1 tennis ball
- 1 baseball
- 1 deck of playing cards
- 1 book of matches
- 1 CD case
- 1 1" wooden cube
- 1 nickel

Why would you want these things? Each item represents the approximate size of a serving for various foods. See the table below for representations:

<b>Item</b>	<b>Serving it Represents</b>
Tennis ball	1 cup of cooked rice; 15 grapes
Baseball	12 oz potato; 1 cup of cold cereal
Deck of cards	3 oz cut of meat
Book of matches	1 tbsp of oil, salad dressing or mayo
CD case	1 slice of bread
1" wooden cube	1 oz of cheese
Nickel	2 oz of dry spaghetti, 1 cup of cooked spaghetti

For real life food models, try [Nasco's on-line catalog of Food Replicas](#). (Health Education Materials - Nutrition)

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