**JH FACS virtual day February 18, 2019**

Directions: Watch the video and answer the questions. When you are finished, email to bclark@usc.k12.in.us

https://www.youtube.com/watch?v=eVBWHnHEX6I

1. Why are certain portions of the plate bigger than others?
2. What is a substitute for cereal?
3. Is 100% vegetable juice part of the extras group or vegetable group?
4. What examples of fruit are given for the fruit group?
5. How servings of fruits and vegetables do you need each day?
6. What are some examples of grains?
7. How many serving of grains do you need each day?
8. What are dairy foods?
9. How many servings of dairy do we need each day?
10. What are protein foods?
11. How many cups of pasta is a healthy serving size?
12. What foods fit the measuring size of your fist?
13. What foods fit the measuring size of your palm?
14. What foods fit the measuring size of your thumb?
15. What foods fit the measuring size of your cupped hand?
16. What foods fit the measuring size of the tip of your thumb?