

Estimating and weighing cereal  
Task: Follow the steps below.



1. Pour your usual amount of breakfast cereal into a bowl and weigh it.
2. How does this compare with the recommended portion size?
3. Pour the recommended portion size into another bowl and compare.
4. Discuss the difference and how this might impact nutrient intake.
5. Ask another member of your family to do it. Discuss it with them too.

**Extension task**

Complete the activity sheet on portion size.