

Name:

Date:

## Estimating and weighing

**LO: To identify what portion size means.**

**Task: Complete the questions and tables below.**

Read the back-of-pack nutrition label on a breakfast cereal box. Complete the following table:

Nutrient	Fat (g)	Sugar (g)	Vitamin D (µg)	Iron (mg)	Folate/folic acid (µg)
Amount per 100g					
Amount per recommended portion (.....g)					

How much cereal was in your portion? \_\_\_\_\_g

Calculate the difference between your portion size and the manufacturer's portion size recommendation (given on the box) of the following nutrients. You will need a calculator for this activity.

Nutrient	Fat (g)	Sugar (g)	Vitamin D (µg)	Iron (mg)	Folate/folic acid (µg)
Amount in your portion (.....g)					
Amount per recommended portion (.....g)					
Difference in nutrient between your portion size and the recommended portion size					

### Portion size guidance at BNF

The portion size guidance from the BNF suggests that three handfuls of breakfast cereal is an average portion size (40g).

Put three handfuls of breakfast cereal in a bowl. How much does this weigh?  
.....g

Ask two other people to complete the activity and compare the results.

	Portion size (g)
Person 1 .....	
Person 2 .....	
Person 3 .....	

Reflections ...

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Note: The BNF guidance is based on the needs of an adult woman.

### Pasta

Pour out how much dried pasta you would cook for yourself for a main meal into a bowl.

How much does it weigh?  
.....g

The BNF portion size recommendation for dried pasta is 75g. Using the nutrition information on the pasta pack, calculate the difference in the energy provided by the two portions.

	Energy (kj / kcals)
Amount in your portion (.....g)	
Amount per recommended portion (75g)	
Difference in energy (kcals) between your portion size and the recommendation	

**See the tip on the last sheet for help on how to do this.**

### **Rice**

Pour out how much dried rice you would cook for yourself for a main meal into a bowl.

How much does it weigh?

.....g

The BNF portion size recommendation for a portion of dried rice is 65g. Using the nutrition information on the rice pack, calculate the difference in the energy provided by the two portions.

	Energy (kj / kcals)
Amount in your portion (.....g)	
Amount per recommended BNF portion (65g)	
Difference in energy (kcals) between your portion size and the recommendation	

Note: The BNF guidance is based on the needs of an adult woman.

### **Fruit/vegetable juice and smoothies**

Using water or coloured water, pour a portion of fruit/vegetable juice or smoothie into a glass.

Measure how many ml were in your portion?

.....ml

The recommendation from the Eatwell Guide is that we should not consume more than 150ml of fruit/vegetable juice and smoothies each day in total.

Using the information on the label below, calculate the difference in sugars between your portion and the recommended portion size of 150ml. Write your results in the table.

	Sugars (g)
Amount of sugars in your portion (.....g)	
Amount of sugars per recommended portion (150ml)	
Difference in sugars between your portion size and the recommended portion size	

Per Portion/Each 150ml serving contains

Energy 258kj 62kcal 3% RI	Fat g Low 0% RI	Saturates g Low 0% RI	Sugars 13.00 g Medium 14% RI	Salt g Low 0% RI
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RI = % of your daily reference intake

### Tip

To work out the amount of a nutrient in a portion, divide the amount of each nutrient by the portion size you are calculating. This will give you the amount per 1 gram or ml. Then you can multiply this by the total grams or ml in your portion.

Worked example:

If there is 10g of sugar in 100ml of fruit juice, how much is in 150ml?

$$10/100 = 0.1$$

$$0.1 \times 150 = \mathbf{15g \text{ sugar per 150ml}}$$



For more information about portion sizes, go to [www.nutrition.org.uk](http://www.nutrition.org.uk)