

Matching cards

Cut out the cards and place them facedown in the centre of the room. All the foods should be grouped together, and the portion sizes in another group.



Salmon	Palm
Chicken breast	Palm
Beans	Palm
Unsalted Nuts	Palm
Broccoli	Fist

Sweet Potato	Fist
Apple	Fist
Pineapple Chunks	Fist
Pasta	Cupped Hand
Rice	Cupped Hand
Porridge	Cupped Hand
Bread Roll	Cupped Hand

Cheese	Thumb
Peanut Butter	Thumb
Mayonnaise	Thumbnail
Butter	Thumbnail
Oil	Thumbnail
Ketchup	Thumbnail

Use this answer sheet to keep track of when the groups correctly match a pair

Food	Portion Size
Salmon	Palm
Chicken breast	Palm
Beans	Palm
Unsalted Nuts	Palm
Broccoli	Fist
Sweet Potato	Fist
Apple	Fist
Pineapple Chunks	Fist
Pasta	Cupped Hand
Rice	Cupped Hand
Porridge	Cupped Hand
Bread Roll	Cupped Hand
Cheese	Thumb
Peanut Butter	Thumb
Mayonnaise	Thumbnail
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