



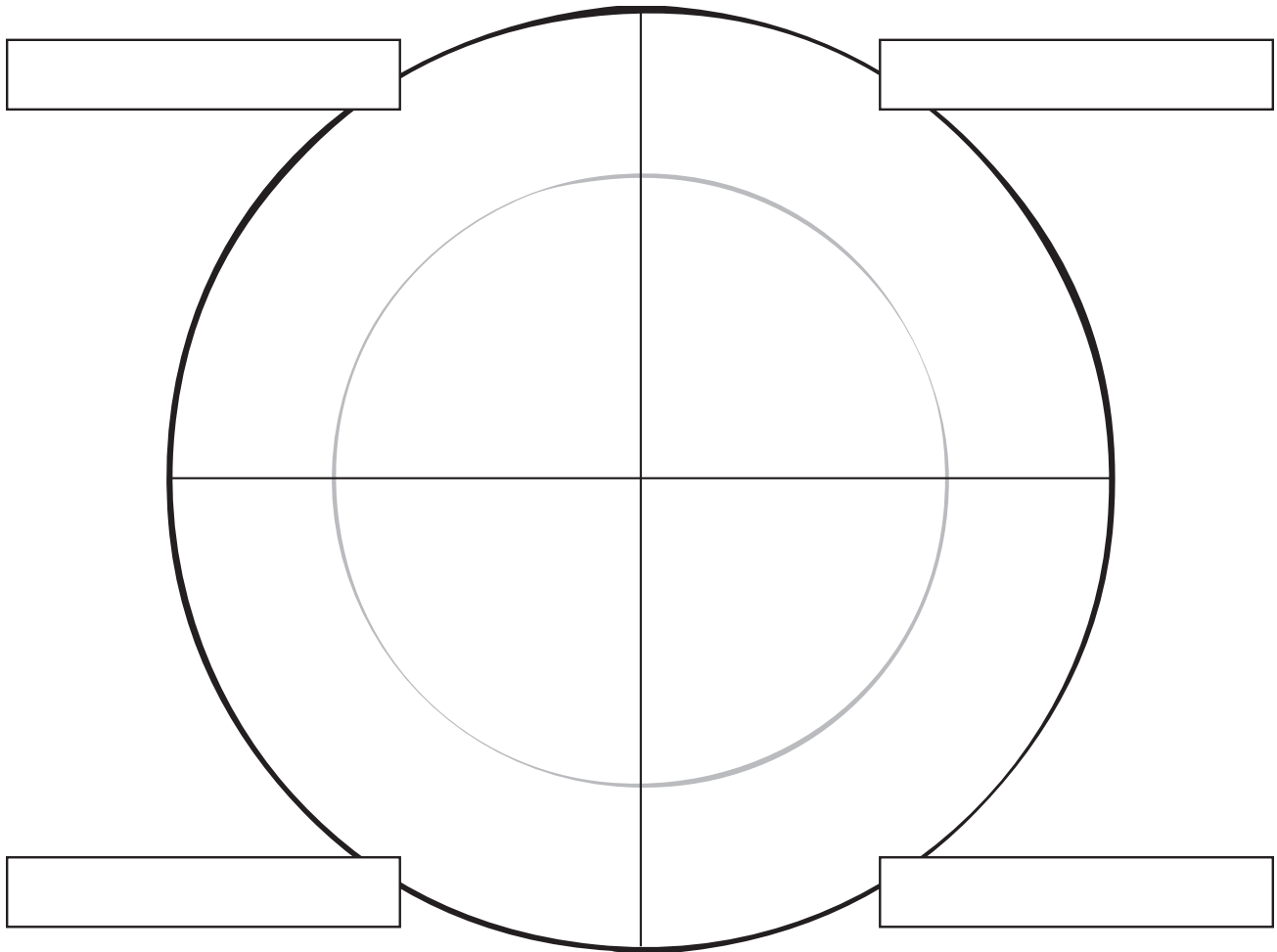
Name: _____

Date: _____

Don't Supersize Me

Instructions: Label the four sections of the divided plate and illustrate each section with an example of a food that fits in each section. Then list four portion-control tips to help you avoid getting supersized.

The divided plate:



Portion-control tips:

1. _____

2. _____

3. _____

4. _____
