

# **ACTIVITY 5B**

## **RECOMMENDED SERVINGS WORKSHEET**

The following servings are recommended for teenage girls and teenage boys.

**TEENAGE GIRLS**  
2,200 calories/day

Bread group — 9  
Vegetable group — 4  
Fruit group — 3  
Protein group — 3  
Dairy group — 3

*Use sugar and fat sparingly*

**TEENAGE BOYS**  
2,800 calories/day

Bread group — 11  
Vegetable group — 5  
Fruit group — 4  
Protein group — 3  
Dairy group — 3

*Use sugar and fat sparingly*

On the charts provided color the recommended number of servings for teenage boys and teenage girls. Use 4 as the number of servings of sugar and fat for both groups. Use the coloring code below :

Bread group — **Brown**  
Vegetable group — **Green**  
Fruit group — **Red**  
Protein group — **Blue**  
Dairy group — **Yellow**  
Sugar and Fat — **Orange**

## RECOMMENDED SERVINGS FOR TEENAGE GIRLS

◀ SUGARS AND FATS ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	
◀ DAIRY GROUP ▶						▶ PROTEIN GROUP ▶							
6	5	4	3	2	1	START ▲	1	2	3	4	5	6	
◀ VEGETABLE GROUP ▶						▶ FRUIT GROUP ▶							
7	6	5	4	3	2	1	START ▲	1	2	3	4	5	6
◀ BREAD GROUP ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	

## RECOMMENDED SERVINGS FOR TEENAGE BOYS

◀ SUGARS AND FATS ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	
◀ DAIRY GROUP ▶						▶ PROTEIN GROUP ▶							
6	5	4	3	2	1	START ▲	1	2	3	4	5	6	
◀ VEGETABLE GROUP ▶						▶ FRUIT GROUP ▶							
7	6	5	4	3	2	1	START ▲	1	2	3	4	5	6
◀ BREAD GROUP ▶													
11	9	7	5	3	1	START ▼	2	4	6	8	10	12	