



# Passport to Weight Management: Portion Well



Name: \_\_\_\_\_

Answer these questions as you go through the educational exhibit to reinforce your learning.

## Exhibit 1: What Is A Healthy Portion Size?

List the foods you have been consuming in portion sizes that are too large:

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List the foods you have been consuming in portion sizes that are too small:

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## Exhibit 2: Discovering Non-Food Related Rewards

List 2 non-food related treats that you would be willing to substitute for a food opportunity for you or your family:

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## Exhibit 3: Pace Your Meals And Eating Time

Taking a bite of food every \_\_\_\_\_ seconds rather than every \_\_\_\_\_ seconds reduces food consumption by 50% over the course of 20 minutes.

Do you think you are eating your meals too quickly? Yes or No

Do you typically get an additional serving before 20 minutes of time has passed since you started your meal? Yes or No

## Exhibit 4: Portion Tips For Eating At Home

Are the plates you use at home too large, too small, or just right?

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## Exhibit 5: Portion Management Outside The Home

Name 3 strategies you would be willing to use as factors that you can control when eating outside the home to help you manage portions and eat healthy:

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