

Yummy Fruits & Vegetables

Serving Size Sheet

<u>Amount</u>	<u>Picture</u>
1 cup of fruit	 =  1 small apple 1 tennis ball
1/2 cup of fruit	 =  16 grapes small computer mouse
1 cup of vegetables	 =  1 cup of broccoli 1 baseball
1/2 cup of vegetables	 =  6 baby carrots small computer mouse