



Resource: Resource 18 - Portion Poem
Text: This resource looks at how big your portions should be to have the right amount of food and avoid wasting food. It involves literacy skills and considers health and wellbeing.
Suitable for: P1-3
Curriculum links: LIT 1-04a, TCH 0-02a
Meta-skills: Self Management – Integrity and Adapting

Sustainable Development Goal Links:

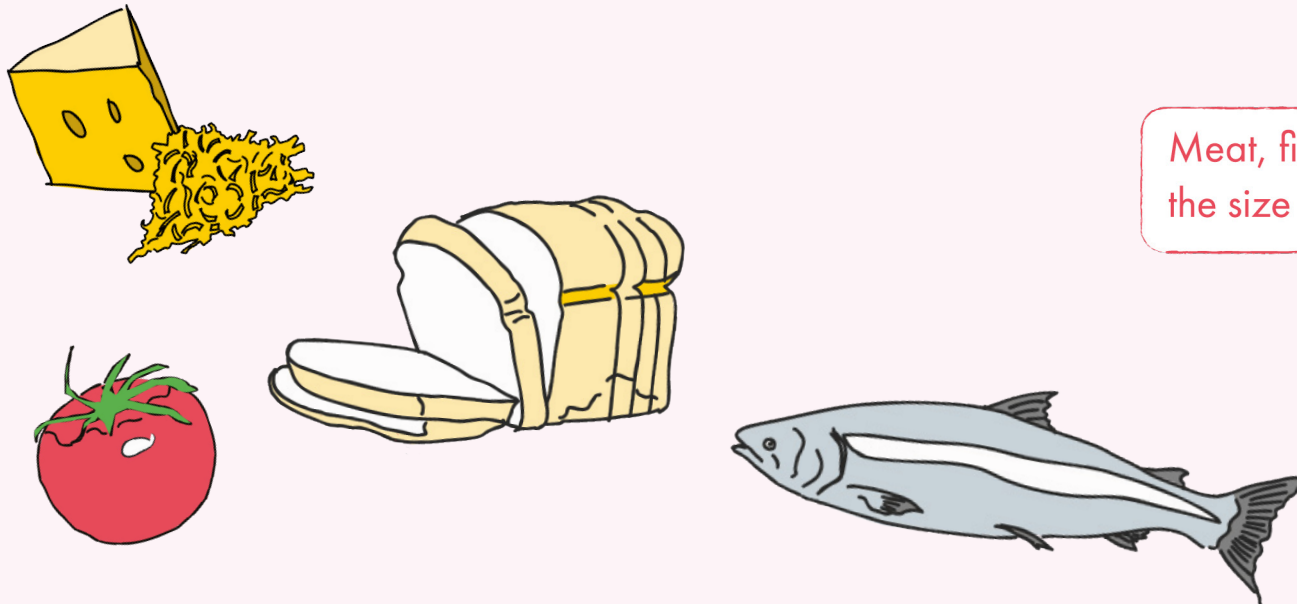


PORTION POEM

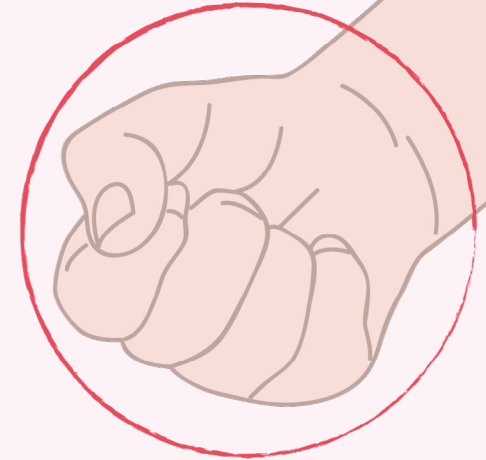
How much is too much to munch for your lunch?

Look at your hand and then you will see,
One portion's one fist for most of your tea,
Two fists for your leaves but one for your peas,
But only one finger allowed for your cheese.

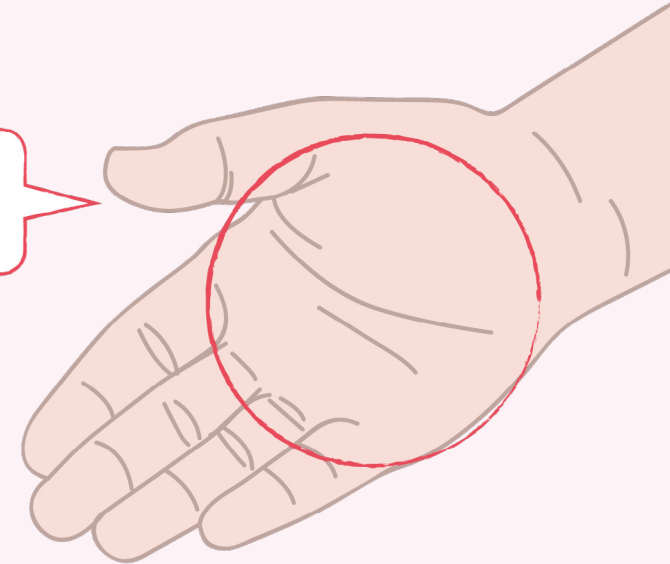
Meat, fish and nuts the size of your palm,
Eat all in proportion to help you stay calm,
Half a fist is a handful for noodles and rice,
Bread the size of your palm is perfectly nice,
Spreads are delicious but only one thumb,
Now eat it all up and don't waste a crumb!



One portion's one fist
for most of your tea

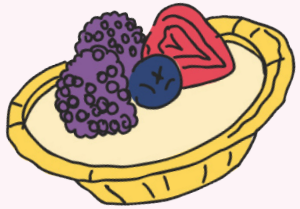


Meat, fish and nuts
the size of your pal



QUESTIONS:

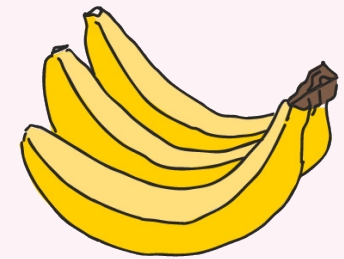
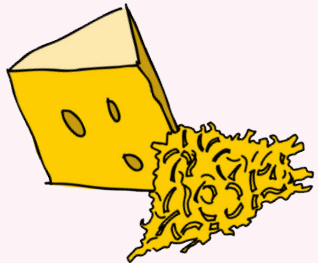
How many fists of salad leaves is one portion?



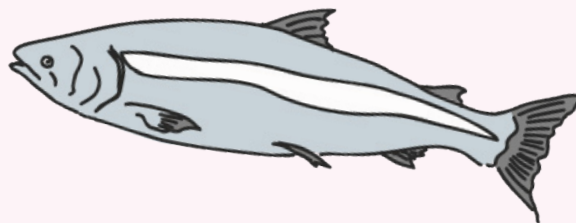
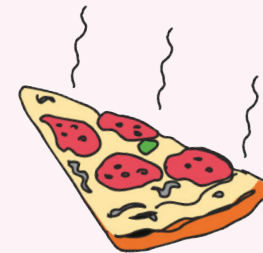
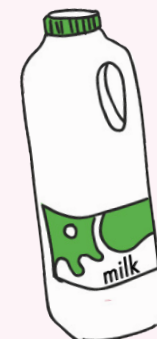
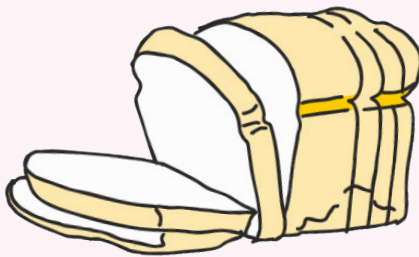
One portion of which foods is the size of your palm?



How much cheese is one portion?



How much rice is one portion?



ANSWERS:

How many fists of salad leaves is one portion?
TWO

One portion of which foods is the size of your palm?
MEAT, FISH AND NUTS

How much cheese is one portion?
ONE FINGER

How much rice is one portion?
HALF A FIST

