**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Serving Sizes**

1. Get your lap top
2. Log in
3. Click on google
4. Type in the following url link: [**https://tinyurl.com/y43ndrgf**](https://tinyurl.com/y43ndrgf)
5. Take the Quiz

How did you score? \_\_\_\_\_\_\_\_\_\_\_ out of 16 questions

What did you learn about serving sizes?

Write in complete sentences 3 things you learned

**Portion Control**

1. Type in the following url link: **https://tinyurl.com/y5pgqg76**
2. Take the Quiz

How did you score? \_\_\_\_\_\_\_\_\_\_\_ out of 10 questions

What did you learn about serving sizes and portion sizes?

Write in complete sentences 3 things you learned