



Jr. Chef Club  
Lesson 2  
"Go" on Grains

# ORANGE STATION

A portion of grain foods is one ounce.  
How much cereal makes 1 ounce?

1. Look at the scale. Does the needle point to 0 or does the readout say 0? If not, adjust the scale as instructed.
2. Place some cereal flakes in the bowl on the scale. The needle or readout will tell you how much the cereal weighs.
3. If the needle points under 1 ounce then add more cereal.

-- TURN OVER --

4. If the needle points over 1 ounce take some cereal out of the bowl.

When the cereal weighs one ounce, take a look at it. Is this more or less than the amount you usually eat of a flake cereal? Put cereal back into container.

5. Weigh the small bagel. How many ounces does it weigh?
6. Weigh the large bagel. How many ounces does it weigh?
7. Which bagel is the correct portion size for a grain food?