

Nutritionists advise us to eat at least **5 fruit** or **vegetable** portions a day.

Estimate the weights of some fruit or vegetables.

Record your estimates before weighing the items. How accurate were you?

The guideline for a portion size is 80g.

| Name of fruit or vegetable | Group estimate of weight | Actual weight | % error | How much is 80g? |
|----------------------------|--------------------------|---------------|---------|------------------|
|                            |                          |               |         |                  |

**What does a portion look like?**

How much does a pea weigh?



Are all bananas the same weight?



food and drink