**Challenge Title: Play With Your Food**

**Challenge short description: A hands-on approach to learning about serving sizes**

Today your challenge is to play with your food. If all of your food came in separate serving containers that were clearly marked as 1 cup, ½ cup, or 3 ounces, knowing how much you’re eating would be much easier. But this doesn’t happen very often. Being able to estimate how much food is on your plate takes some practice. For this challenge you’ll need measuring cups, measuring spoons, a plate, a bowl, and some food. Or use play doh or soft modeling clay, in place of food.

Take your food or play doh and measure out an amount using one of your measuring cups or spoons. Now put it on your plate and play with it. Mash it down. Smooth it out. Change the depth and shape. Take a good look at how the different shapes look on your plate. Now try again with a different amount of food/play doh. Then try with liquids in a cup. Now you’re equipped with skills to help you figure out how much food you’re really eating. Take a picture of your estimating masterpiece here [X].