

Name \_\_\_\_\_

## Portion Control: The Key to a Healthy Weight

### Multiple Choice Questions

1. What is a portion?
  - a) A standard measurement of food
  - b) The amount of food you choose to eat at one time
  - c) The number of calories in a food item
  - d) A serving size mentioned on food labels
  
2. Why can oversized portions be problematic for maintaining a healthy weight?
  - a) They encourage mindful eating
  - b) They help regulate blood sugar levels
  - c) They lead to overeating and weight gain
  - d) They improve digestion
  
3. What is one benefit of using smaller plates for portion control?
  - a) It makes you feel hungrier
  - b) It allows you to eat more
  - c) It visually controls portion sizes
  - d) It reduces food choices
  
4. How can reading food labels help with portion control?
  - a) It determines the taste of the food
  - b) It tells you which foods are unhealthy
  - c) It provides information on serving sizes
  - d) It lists all the ingredients used
  
5. What is the long-term benefit of practicing portion control?
  - a) It leads to deprivation and unhealthy eating habits
  - b) It reduces the risk of obesity-related health issues
  - c) It encourages fast eating and large portions
  - d) It increases calorie intake

