

# Perfect portions

1. 70,000 tonnes of breakfast cereal is thrown away each year in the UK.  
What percentage of this is thrown away because too much has been served?

2. Using the cards provided, match up the foods with the correct adult portion size.

100g

75g

30g

140g

3. Look at the bags on display, which one is an adult portion of rice?\*

\*This is an optional question, subject to the availability of display rice

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## SESSION GUIDE

### Time

This activity will take between 5 and 15 minutes.

### Delivery technique

Breakout groups or individual exercise.

### Purpose

The purpose of this activity is to raise awareness of how much food is leftover and then thrown away. To encourage people to measure portions, and understand that measuring portion sizes can help avoid cooking and serving too much. Love Food Hate Waste promotes measuring portion sizes to help reduce food waste.

### Questions and answers

- Q. 70,000 tonnes of breakfast cereal is thrown away each year in the UK. What percentage of this is thrown away because too much has been served?
- A. 39%
- Q. Match the pictures to the adult portion sizes:
- A. 100g = pasta  
75g = rice  
30g = cereal  
140g = uncooked chicken
- Q. Look at the bags on display, which is one adult portion of rice?\*
- A. A = 75g  
B = 75g plus a handful  
C = 150g

*\*This is an optional question. If possible, the course organiser needs to provide three bags labeled A, B and C:*

### Outcomes

Participants are aware that portioning can help to reduce food waste, are aware of the tools that can help measure portions and swap tips with each other.

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Proud to  
support  
**LOVE  
FOOD**  
hate waste

