

Name: _____

Date: _____

Perfect Portion

T P U A L E N N C C T P F S B X P V U S I G U V
B K K X Z I N U D X M T M T H R P Z O Y Y C O A
V A C B L W X O M X F I J A C V E H N H O K Q U
G P B K L M R P N R X A T R B V E R A A V A J A
U U E H S C J Y L P I G E T V C B T R P L V Q B
M V Q P S S U R P P Z A W E X O S V C F Z K I D
J C B O S N F D C B S R F R K V U M F R B X V Y
P B X R A H F C N J P A M K Z N F T A R P B E L
V V L T E P P B P M U N D I Q G U V Y R R V L I
U I J I Y I I F J J C M B T P U C W W G G T H M
S Z C O K H Q V N E G E N S T C Z W X N F W G Z
J G J N O L V O D L N A J P S N P T L E O M Y I
X G U S Q B T B C O I S T O T A Z J U U U H D H
K E U V M G Q G U P R U N R G K B H I N D Q M E
X U N S W S E N Q V U R M T T F F D S H N L I G
U M C S A S C Q J U S I I I U B E Q U W W N E F
L V D E E E J Z N R A N N O P R P T S U C L F I
K F E R S D O X B R E G Y N Y H K U E S A H G C
N N O V F V I H H U M S N P N V F O R C E L F N
V C N I H E A A X D D P S L M X X W S S J C P K
I N Z N D A N B X L P O K A T I F M B C T G P Q
Q L E G R D O A I H A O X T O M X I O O A N X A
D E C K O F C A R D S N G E R V M S A J F X O L
C I W H H O O Z W V T S C J K G W M C X K V C J

starter kits portion plate

portions vs serving

measuring spoons

measuring cups

deck of cards

ww cup

ounces

grams

scale

hand