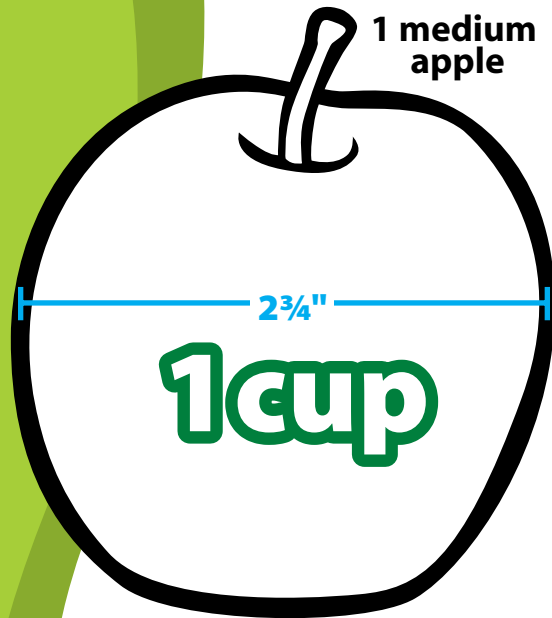


Fruit

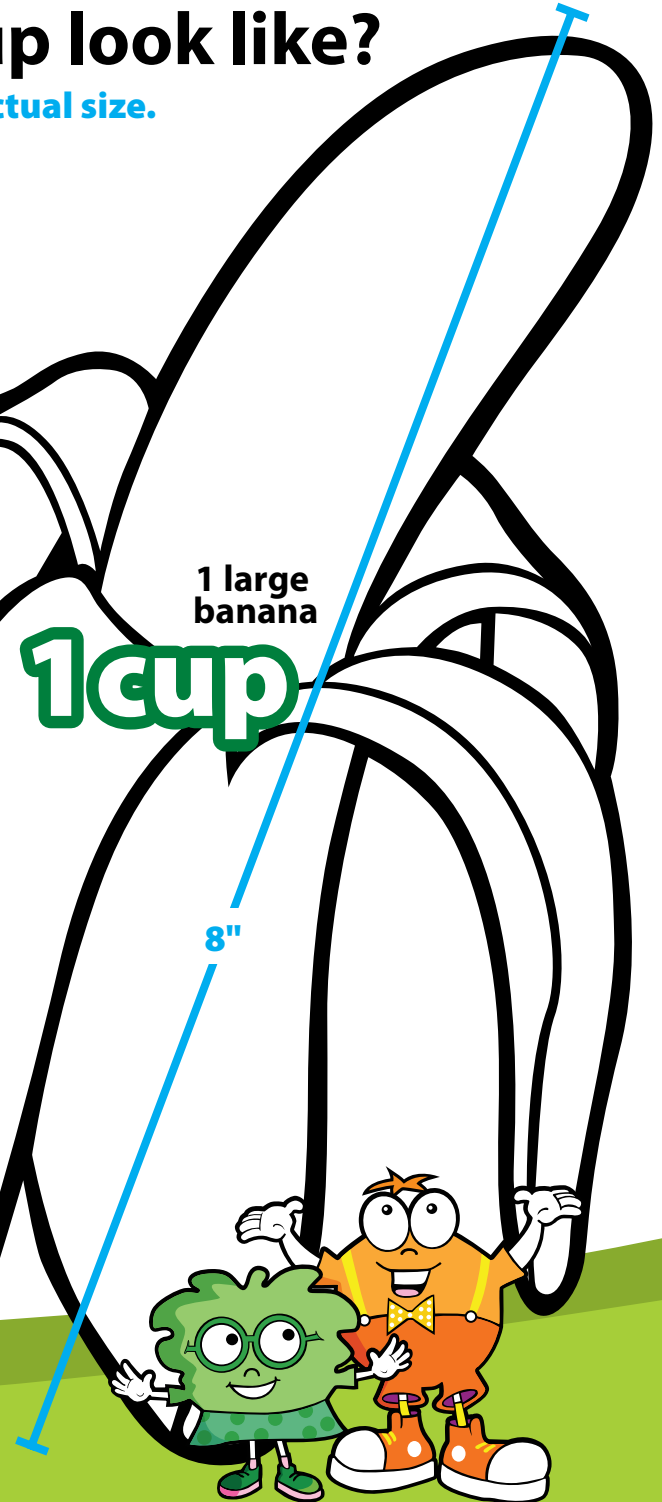
cup equivalents

What does 1 cup look like?

Fruits shown at actual size.



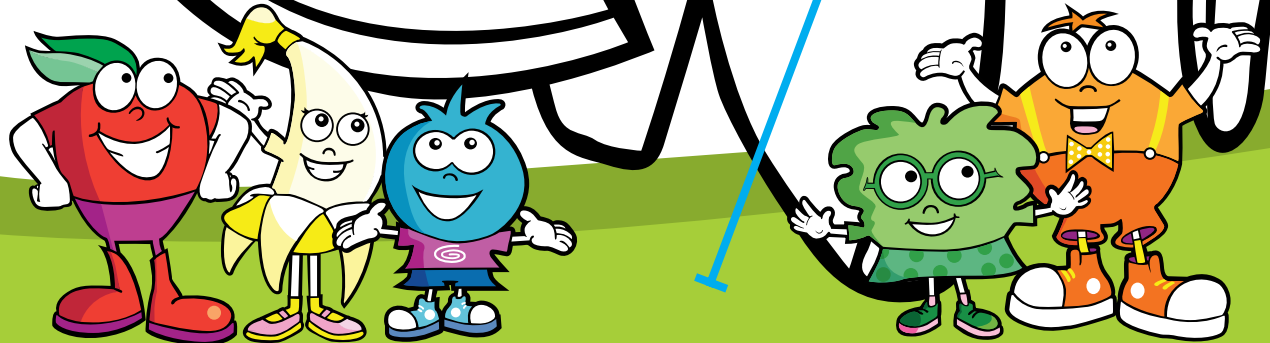
Hey kids!
Color the
fruit.



What about 1/2 cup?
That's just 1 cup
divided in 2!



fruits & veggies
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Vegetables

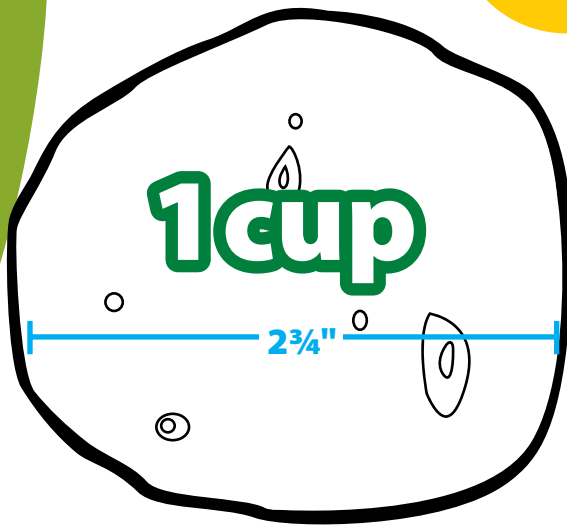
cup equivalents

What does 1 cup look like?

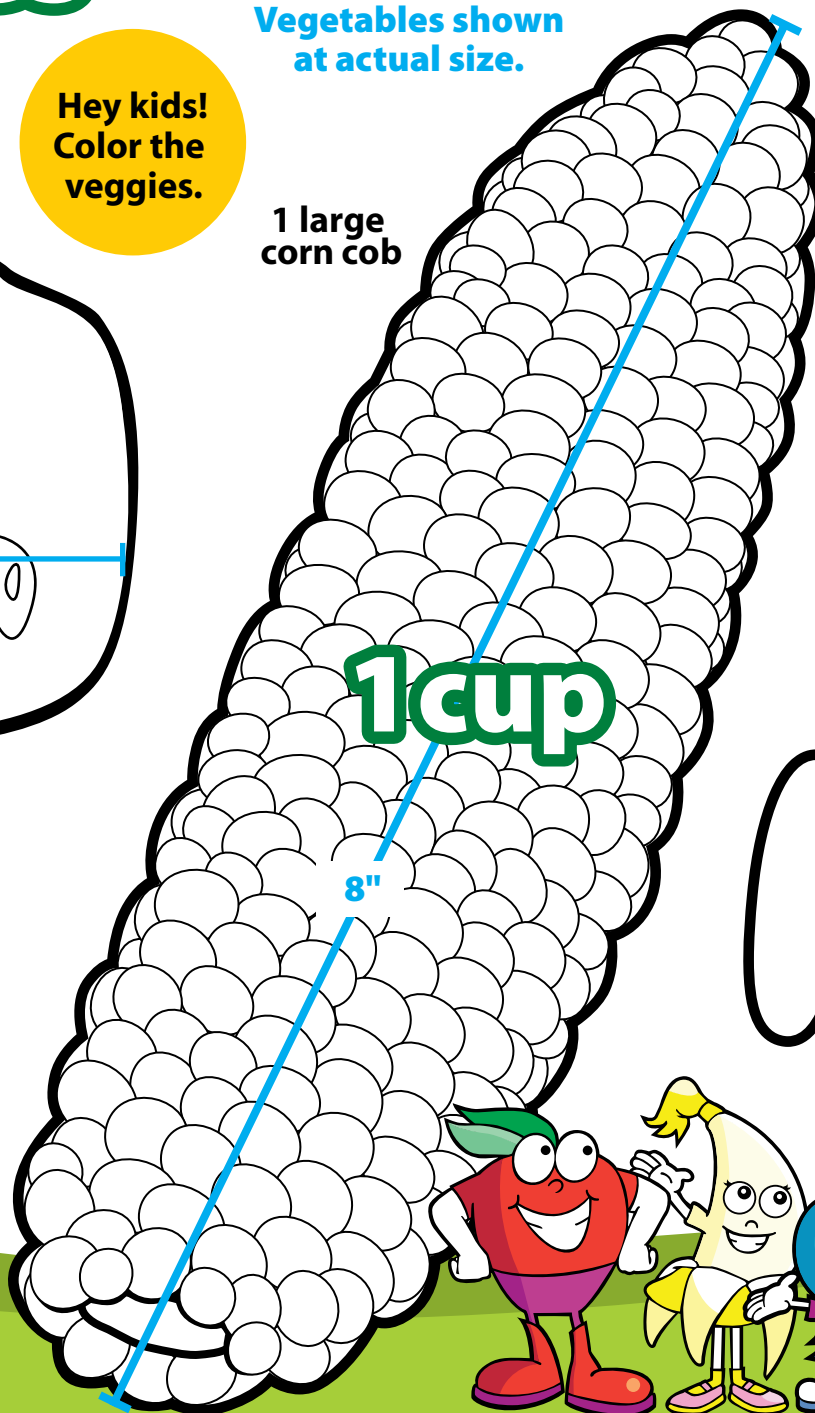
Vegetables shown at actual size.

Hey kids!
Color the
veggies.

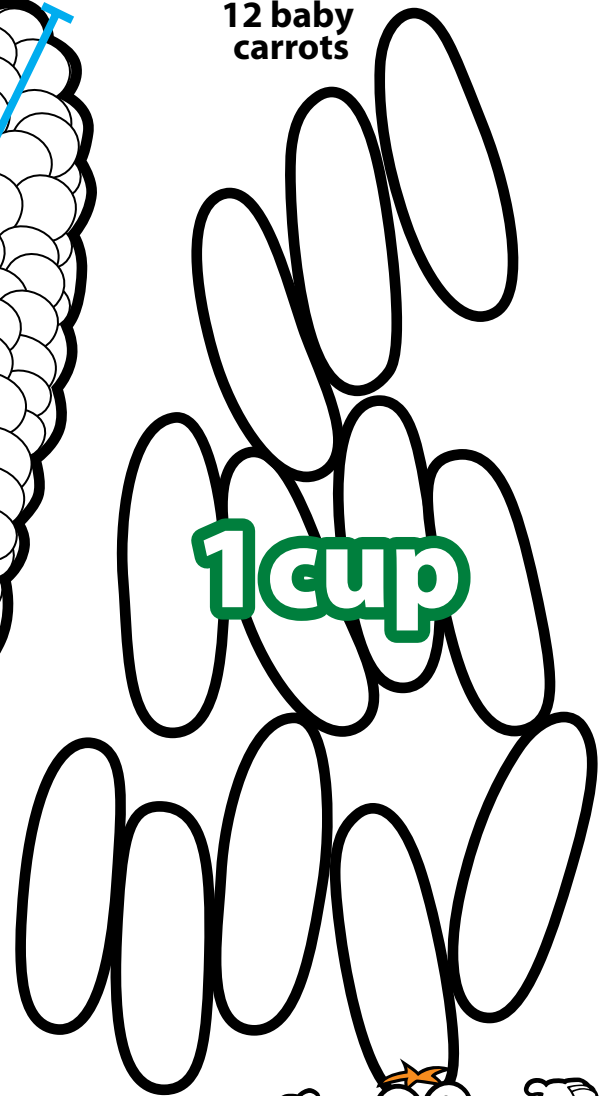
1 small potato



1 large
corn cob



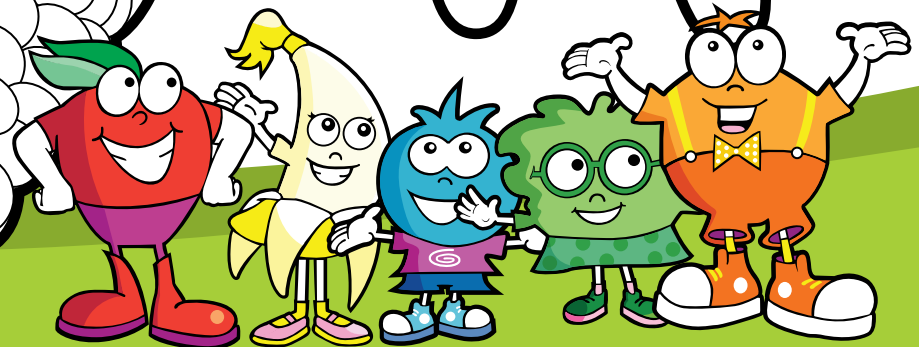
12 baby
carrots



What about 1/2 cup?
That's just 1 cup
divided in 2!



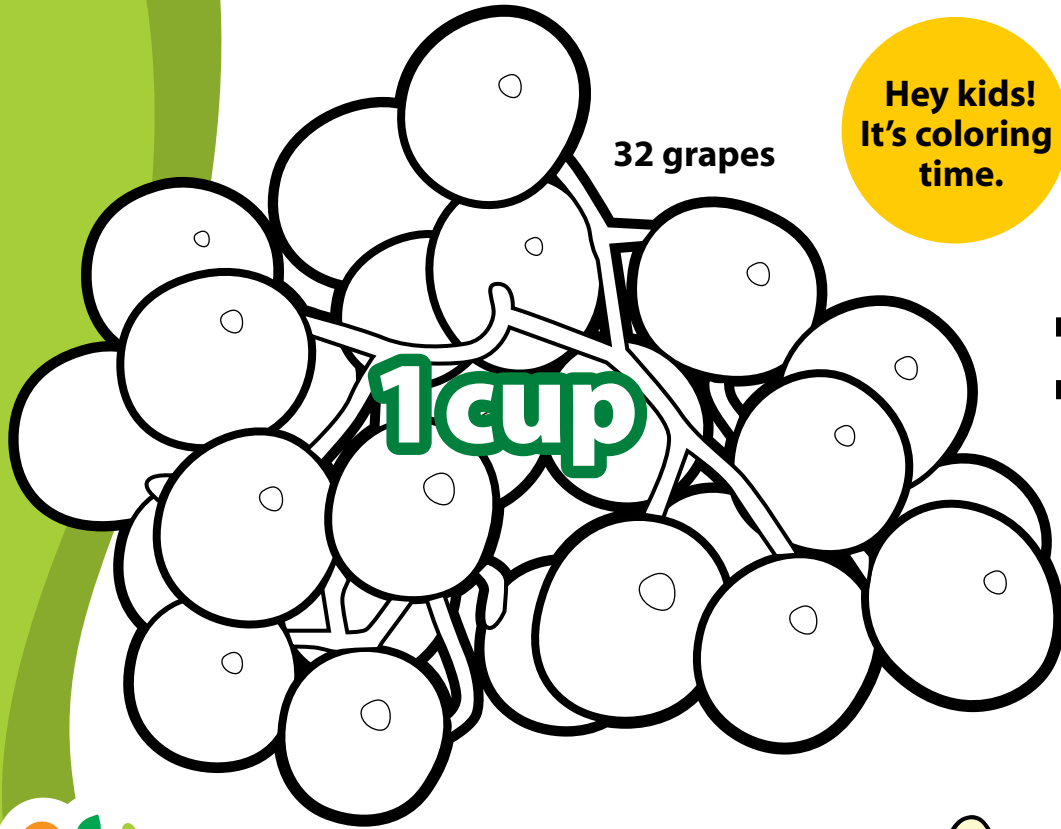
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Dried

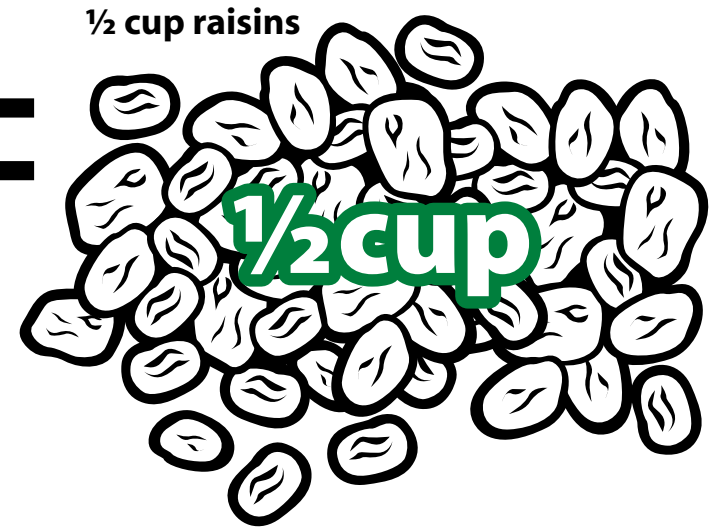
cup equivalents

1 cup fresh is equivalent to 1/2 cup dried!

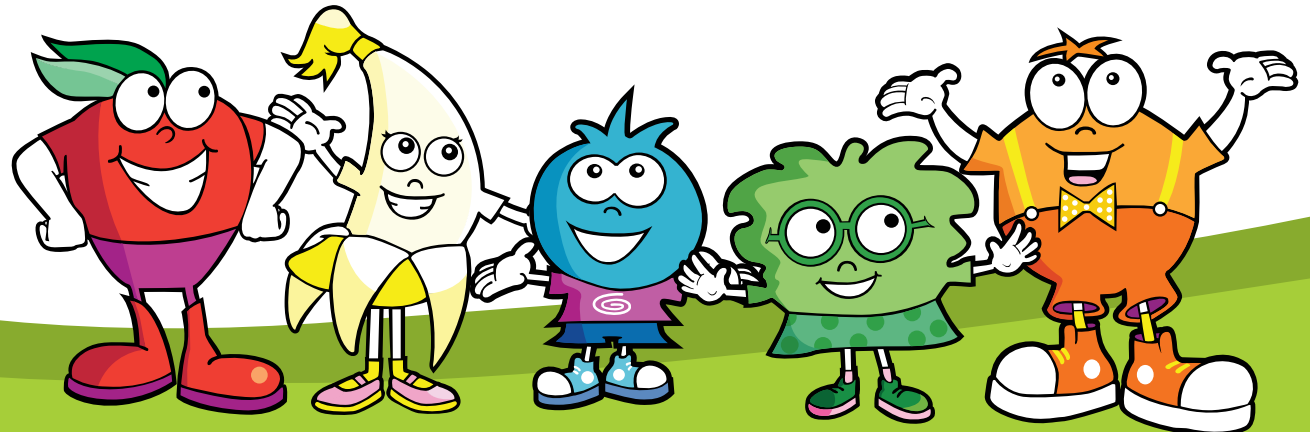


Hey kids!
It's coloring
time.

=



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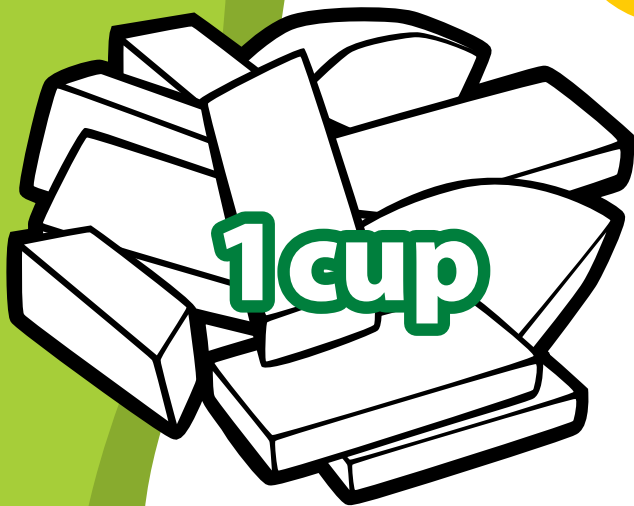


Chopped, Mashed or Sliced

cup equivalents

1 cup measures volume not shape

Hey kids!
Have fun
coloring.



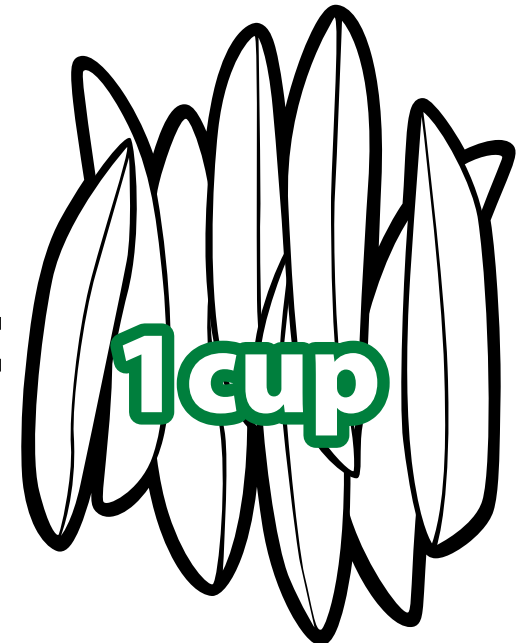
1 cup chopped yam

=



1 cup mashed yam

=



1 cup sliced yam



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