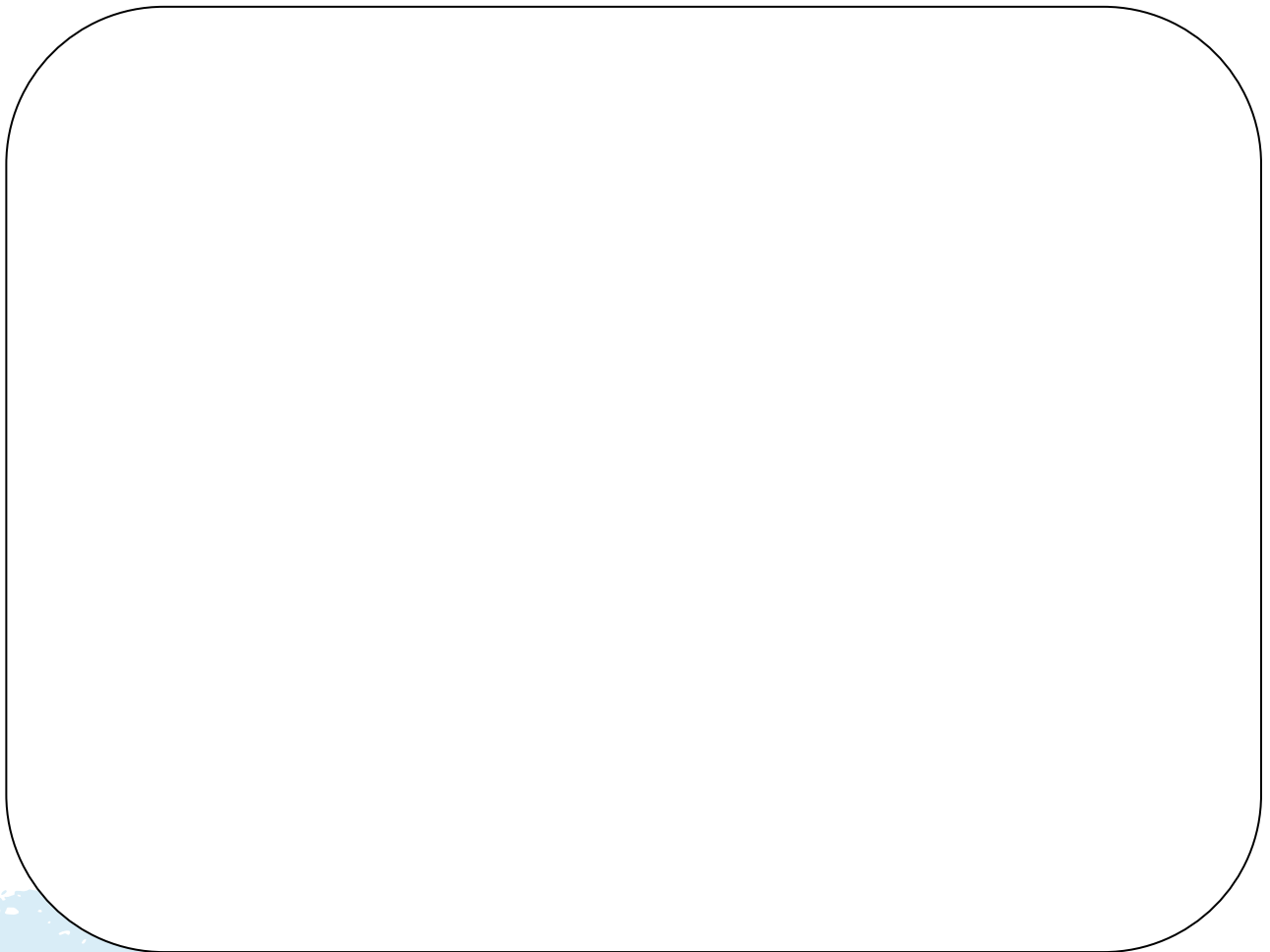


Micky Me Size – what portion is right for me?

My Hand, My Plate Size!



Draw around your
hand in the space
below to find out
your plate size!

A large, empty, rounded rectangular box with a black outline, intended for the child to draw their hand inside to determine their plate size.