

I Scream For Ice Cream



Eating too much food can make you gain weight.

Coach Note: Read this page to yourself, to get ready for the activity.

Purpose of Activity

To practice choosing the right amount of ice cream for a dessert or snack

Teaching Points

1. $\frac{1}{2}$ cup of light ice cream is about the right amount.
2. Choose a favorite cup or small bowl that is just right for a $\frac{1}{2}$ -cup serving. Use it every time you have ice cream.
3. Choose a serving of ice cream with less than 120 calories per serving.



What You Need

Place these things nearby:

- A quart of light ice cream with less than 120 calories per serving, such as Edy's Slow Churned
- $\frac{1}{2}$ -cup measuring cup (in kit)
- 2 large bowls, about 2-cup size
- Ice cream scoop (in kit)
- Soup spoon

It's Easy to Eat Too Much Light Ice Cream

- What is your favorite kind of ice cream?
- Here is a quart of light ice cream.
- Ice cream tastes so good, it's easy to eat too much.
- Eating a quart of light ice cream like this one is like eating 12 snacks.
- Eating this much light ice cream can make you gain weight.
- One small dish of light ice cream is just the right amount.



Let's Practice: How Much Light Ice Cream is in a Big Bowl?

- Most of us choose too much light ice cream for a snack.
- Fill the bowl with a lot of ice cream.
- Is this one serving?
- Let's find out together.

- Fill the $\frac{1}{2}$ -cup measuring cup with light ice cream and put it in the empty big bowl.
- Keep filling the measuring cup with ice cream, putting it in the other bowl until the first bowl is empty.
- Level off each $\frac{1}{2}$ -cup so it is an exact measure.
- Keep track of how many measuring cups you emptied into the second bowl.
- A serving of ice cream is $\frac{1}{2}$ cup.
- How many ice cream snacks were in the big bowl?



Turn the page to find some helpful hints!

Let's Review: You've Learned About Ice Cream!

Eat the Right Amount of Light Ice Cream.

Here's how:

- Choose a favorite cup or small bowl that is just right for $\frac{1}{2}$ -cup of light ice cream.
- Use that cup or bowl every time you have light ice cream.



Suggestion:

- There are lots of ice cream choices at the store.
- How do you pick a healthy one?
- Look at these 3 facts on the Nutrition Facts label.
- A healthy ice cream choice has less than 120 calories for $\frac{1}{2}$ cup.

