

## Learning About Carbs Toolkit Contents

### **Pinwheel Game (#1)**

Pinwheel

### **Carb Matching Game (#2)**

That's Right button

Packet of cardboard food models labeled "Carb Foods"

- Strawberries
- Broccoli
- Slice of bread
- Baked potato
- Cereal (cheerios)
- Spaghetti
- Corn
- Peas
- Milk
- Rice
- Yogurt
- Oatmeal

### **Sweet Treats Game (#3)**

Plastic food models:

- Big chocolate chip cookie
- 2 small chocolate chip cookies

Packet of cardboard food models labeled "Sweets, Fruits, and Sweet Treats":

- Grapes
- Peaches
- Sweet roll
- Doughnut
- 8 squares of chocolate bar
- Pie
- Cake
- Slice of whole wheat bread
- Jelly
- Brownie
- 4 squares of chocolate bar

Two signs (printed and laminated by CD&M):

- "Sweets: Lots of Carbs"
- "Sweet Treats: Just the Right Amount of Carbs"

#### **Slow Down for High Carb Veggies Game (#4)**

Plastic food models:

- Baked beans
- Baked potato
- Corn
- Peas

½-cup measuring cup ???

#### **I Spy Carbs Game (#5)**

Plastic food models:

- Peas
- Slice of bread
- Hamburger roll
- Macaroni
- Rice
- Bowl of cereal