

Welcome to the

Happy, Healthy and Well Games

Learning About Carbs



The workbook, *Happy, Healthy and Well Games: Learning About Carbs*, contains fun and easy activities to help caregivers teach consumers how to make healthy food choices. This is one of several components in the Happy, Healthy and Well initiative. The Resource Guide contains all the introductory materials for the Happy, Healthy and Well project, including the Consumer Booklet, Caregiver Guide, checklists and other resources. The first workbook, *Happy, Healthy and Well Games: Eat the Right Amount*, has fun and easy activities to help caregivers teach consumers about portion control.

Both Games workbooks and the Resource Guide materials are available for download at:

<http://muskie.usm.maine.edu/cfl/HHW/index.html>.

Happy, Healthy and Well Team

The following individuals have shown dedication and commitment to the Happy, Healthy and Well project. Some have been involved since its inception, while others have provided their expertise and guidance for continued development and improvement.

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