

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.

Cutler Institute, Muskie School of Public Policy, the University of Southern Maine:

Kate Corbett, LCSW

Project Co-Director
Policy Associate
Center for Learning
Disability and Aging Program

Madeleine Martin, MS, RD

Project Co-Director
Research Associate
Maine Nutrition Network
Public Health and Health Policy Program

Kathleen Cullinen, PhD, RD, LD

Research Associate
Maine Nutrition Network
Public Health and Health Policy Program

Nadine Edris, LMSW

Senior Policy Associate & Strategic Development Director
Center for Learning
Disability and Aging Program

DeeDee Reardon

Distance Education Web Design Specialist
Maine Nutrition Network
Public Health and Health Policy Program

Chris Sady, MS, RD

Policy Associate
Maine Nutrition Network
Public Health and Health Policy Program

Maine Department of Health and Human Services:

Paul Tabor

Developmental Services Training Coordinator
Office of Adults with Cognitive and Physical Disabilities

Happy, Healthy and Well Games: Learning About Carbs

This workbook was researched and prepared by:

Kate Corbett, LCSW
Madeleine Martin, MS, RD, LD
Janice Daley, MSW

Guide for Nutrition Coaches



What are the Happy, Healthy and Well Games?

The Happy, Healthy and Well Games are a series of fun and easy activities to help you teach consumers how to make healthy food choices. Healthy food can help the people you support feel good and have better health. Many people are concerned about their weight. Extra weight can cause diabetes for some people, but making healthy food choices can lower their risk. Although the Games are designed for consumers, you might even find yourself learning some nutrition tips along the way!



Who are the Nutrition Coaches?

Anyone can be a Nutrition Coach, like you!



When do I use the Games?

- Use the activities anytime during the day. Keep each session short and sweet.
- Do the activities in any order. You don't have to do all of them.
- You can repeat the activities. Practice is a great way to help folks learn.

Guide for Nutrition Coaches



What does a Nutrition Coach do?

You, the Nutrition Coach, provide learning opportunities for the people you support. You allow them to learn at their own pace and to make changes on their own. The Coach is patient with the process, because changing habits takes time. Let the person you support know that lots of people have a hard time changing habits or losing weight and keeping it off.

Here are some tips:

- Pick a Game about a food the consumer enjoys, like ice cream or spaghetti.
- Adapt the activity for the consumer's learning style and abilities. For example, you might demonstrate a step first, and then ask the consumer to try it.
- Make it fun! Tell a personal story, ask for comments and keep it positive.
- Invite consumers to use what they've learned at snack and meal times.
- Give each person a copy of the last page of each Game (Let's Review) to keep or post, after they have completed the Game.
- Recognize accomplishments. There is a certificate master in the back of the binder. Copy the certificate and fill in the consumer's name. Some consumers like recognition after each session. Others may like to look forward to recognition after finishing a series of Games. You can decide how to use the certificate.
- Suggest that the consumer share this Game with family or a friend.

Guide for Nutrition Coaches



The instructions are color-coded. Here's the key:

First pages

Read to yourself:

- What the Game teaches

Read to yourself:

- Things you'll need

Middle page

Read aloud with the consumer:

- Carrying out the activity

Last page

Read aloud with the consumer:

- Finish and review