

The Pinwheel Game



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

Foods
that have carbs
are good for you.
Eat the right
amount.

Purpose of Activity

To learn that carbs in food are a source of energy.

Teaching Points

1. Your body turns carbs in food into energy.
2. Eating foods with carbs can help make your body go.
3. Your body uses more carbs when you are more active.

What You Need

- Pinwheel (included in toolkit)



Are You Ready To Play the Pinwheel Game?

- Hold the pinwheel. Blow on it slowly. Now, blow hard!
- Your breath makes the pinwheel go.
- Your body uses energy when you blow on the pinwheel.
- The energy comes from the food you eat!
- Your body turns the carbs in food into energy.



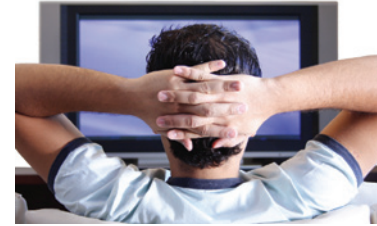
- Do you go for walks? Do you swim? Do you dance?
- Walking, swimming, and dancing use your body's energy.



Eating foods with carbs helps make your body go!

Let's Practice: Your Energy

- Blow on the pinwheel very slowly.
- That takes a little bit of your energy.
- When you watch TV, you use a little bit of energy.
- You don't need to eat much food with carbs when you watch TV or play computer games.



- Blow hard on the pinwheel.
- That takes more energy.
- When you go for a walk, it takes more energy than when you watch TV.
- Eating carbs helps your body to have energy to do things like go for a walk.



Turn the page to find some helpful hints!

Carbs are good for you. Your body turns carbs into energy.

Let's Review: You've Learned That Carbs in Food Give You Energy!

- Carbs are something in food that your body turns into energy.
- Eating foods with carbs helps your body to have energy to walk, swim, or dance!

