

The Carb Matching Game



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

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

Purpose of Activity

To learn about some foods with carbs.

Teaching Point

Lots of foods have carbs.



What You Need

- Red button (included in kit)
- Packet of cardboard food models labeled “Carb Foods” (included in kit)



Let's Play the Carb Matching Game!

- Take the Carb Foods bag out of the toolkit.
- Take the food models out of the bag and put them on the table.
- Pull out the Game Sheet from the pocket of this page.
- Open it up and put it on the table.

Let's Review: You've Started to Learn About Foods with Carbs!

Here are some foods that have carbs



It takes practice to know which foods have carbs.