

Happy, Healthy & Well Games: Eat the Right Amount Toolkit Contents

1. 27 qt. plastic bin
2. Set of National Dairy Council Food Models (order from Maine Dairy and Nutrition Council www.drinkmainemilk.org/)
NOTE: out of print until March 2012)
3. 1-cup liquid measuring cup
4. 2-cup liquid measuring cup
5. Set of dry measuring cups
6. Boxed deck of playing cards (use 20 cards; discard the rest)
NOTE: label any 20 cards from the deck with one of each of these words, then replace in deck until ready to play *Let's Make a Meal Card Game*:
 - steak, hamburger patty, pork chop, chicken, fish
 - green beans, carrots, broccoli, salad, tomatoes
 - baked potato, mashed potatoes, egg noodles, rice, fries
 - applesauce, pears, peaches, fruit cocktail and grapes



EXAMPLE:

7. Hamburg patty, 4 oz (order from www.enasco.com/nutrition/, #W05771HR)
8. One 32 oz. plastic or paper cup from a convenience or fast food establishment (alternative: use 4-cup glass measuring cup OR a 1 liter soda bottle for the Sugar Mountain Game))
9. Tennis ball
10. Ice cream scoop
11. Box of food service gloves
12. Computer mouse (with cord removed)
13. 1 ½" 3-ring binder for downloadable Happy, Healthy and Well Games: Eat the Right Amount materials