# **Sweet Treats**



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

#### Purpose of Activity

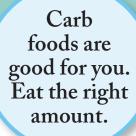
What to choose if you'd like a sweet treat.

### **Teaching Points**

- 1. Sweets are foods with lots of sugar added to them.
- 2. Eating sweets can add more carbs than you need.
- 3. Fruit tastes sweet and has just the right amount of carbs.
- 4. Small amounts of sweets are treats.
- 5. Enjoy fruit or a small sweet treat now and then.

### What You Need

- One big and two small plastic chocolate chip cookies (in toolkit)
- Cardboard food models in bag labeled "Sweets, Fruits, and Sweet Treats" (in toolkit), which contains:
  - Fruit: strawberries, peaches
  - Sweets: sweet roll, doughnut, 8 squares of chocolate bar, pie, cake
  - Sweet treats: bread with jelly, brownie, and 4 squares of chocolate bar
- Two signs (in toolkit):
  - "Sweets: Lots of Carbs"
  - "Sweet Treats: Just the Right Amount of Carbs"







## Are You Ready To Play the Sweet Treats Game?

- Some sweets are made with lots of sugar.
- That means they have lots of carbs.
- Sweets taste so delicious, it's easy to eat too much.
- It's easy to get more carbs than you need when you eat sweets.
- Fruit tastes sweet.
- Fruit has just the right amount of carbs.
- Everyone likes to have some sweets now and then.
- Small amounts of some sweets have just the right amount of carbs.
- Eat a small amount of a sweet for a treat now and then.

Enjoy fruit every day. Have a small sweet treat now and then.













## Let's Practice: Choosing Sweet Treats

### Let's learn about choosing sweets.

- Take the cardboard food models labeled "Sweets, Fruit, and Sweet Treats" out of the bag. Spread them out on the table.
- Put the big plastic cookie on one side of the table with the sign, "Sweets: Lots of Carbs".
- Put the small plastic cookie on the other side of the table with the sign, "Sweet treats: Just the Right Amount of Carbs."
- Pick up each cardboard model one by one. Decide to put it in the big cookie pile or the small cookie pile.
- The big cookie pile will be for sweets with lots of carbs.
- The small cookie pile will be for sweet treats with just the right amount of carbs.
- Talk it over if you have a hard time choosing the right pile.



Sweet Treats: Just the Right Amount of Carbs



Sweets: Lots of Carbs

Turn the page to find some helpful hints!

#### Choose a sweet treat with the right amount of carbs.

Answers: Just the right amount: strawberries, peaches, brownie, bread and jelly, 4 squares of chocolate Lots of carbs: sweet roll, cake, pie, doughnut, 8 squares of chocolate

### Let's Review: Choose fruit or a sweet treat with just the right amount of carbs.

When you want to eat something sweet, have a fruit. Now and then, enjoy a small sweet treat.

