

Sweet Treats



Carb
foods are
good for you.
Eat the right
amount.

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.

