Slow Down for High Carb Veggies

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

Purpose of Activity

To practice choosing the right amount of high carb veggies.

Teaching Points

- 1. All veggies are good for you.
- 2. Some veggies, like these, have lots of carbs:
 - White and sweet potatoes Baked beans
 - Corn and peas

- Winter squash
- 3. Eat the right amount of veggies that have lots of carbs.

What You Need

- Plastic food models: corn, peas, baked beans, and baked potato
- 2 dinner plates (can be paper)
- A small bag of frozen corn (or peas or squash)

- 1 small and 1 large potato
- ¹/₂-cup measuring cup
- Scissors

Tip:

After you play

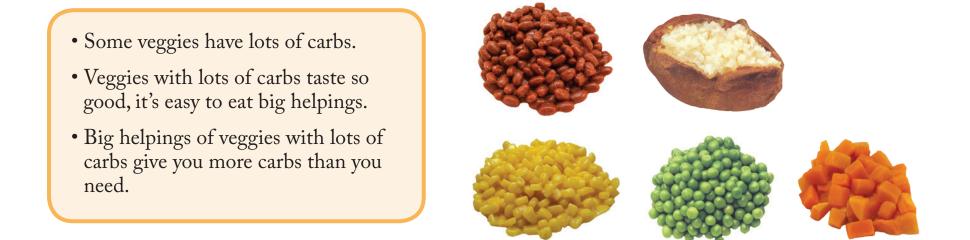
the Game, save the

vegetables to use later in meals.

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



Are You Ready To Play the Slow Down for High Carb Veggie Game?



This plate of baked beans has as many carbs as chocolate cake and ice cream!



Big helpings of veggies with lots of carbs can give you more carbs than you need.

Let's Practice: Choose the Right Amount of High Carb Veggies

- Take the plastic corn out of the bag. Hold it and look it over. That is the right amount to eat.
- Now, use a ¹/₂-cup measuring cup to scoop some frozen corn.
- Put it on a dinner plate.
- Does it look like the same size as the plastic corn?
- How much of the plate does it cover? A little bit? A lot?
- The plastic corn is the right amount to eat.



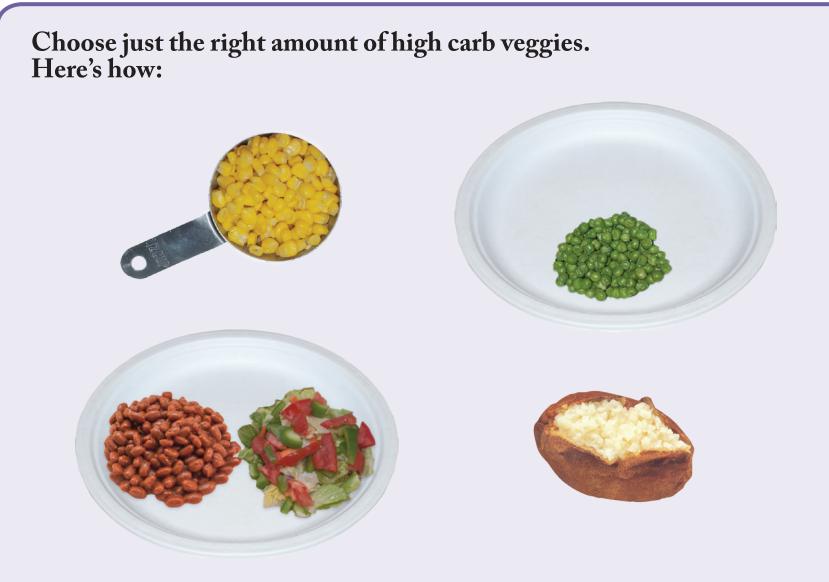
- Take the plastic potato out of the bag. Hold it and look it over. That is the right amount to eat.
- Pick up the big and small potatoes.
- Choose the potato that is the same size as the plastic potato.
- That is the right size potato to eat.
- Take the plastic baked beans out of the bag. Hold it and look it over.
- This is the right amount of baked beans to eat.





Tip: You may practice with ½ cup of frozen peas instead of frozen corn for this activity.

Let's Review: You've learned about high carb veggies!



It takes practice to choose the right amount of high carb veggies.