

I Spy Carbs



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

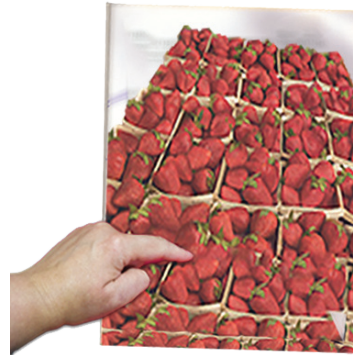
Coach Note: Read this page to yourself to get ready for the activity.

Purpose of Activity

To identify some foods with carbs.

Teaching Points

1. Fruits and vegetables have carbs.
2. Pasta has carbs.
3. Rice has carbs.
4. Bread and crackers have carbs.
5. Cereal and oatmeal have carbs.
6. Sweets have carbs.



What You Need

- Plastic food models in the toolkit (peas, bread, hamburger roll, macaroni, rice, and bowl of cereal)
- A magazine with pictures of food or a grocery store flyer from the newspaper
- An apple

Let's find some foods with carbs

What You Need

- Choose one or two of the foods below to talk about at one session.
- Place the plastic foods you will discuss on the table.

- Pick up the peas.
- Peas are veggies.
- Name some other vegetables.
- Veggies have carbs.



- Pick up the apple.
- An apple is a fruit.
- Name some other fruits.
- Fruits have carbs.



- Pick up the bread and hamburger roll.
- What do you make with bread?
- Sandwiches and toast have carbs.
- Hamburgers on rolls have carbs, too.



- Pick up the macaroni.
- What is another food that is like macaroni?
- Macaroni and spaghetti have carbs.



- Pick up the rice.
- Rice goes with lots of meals.
- Rice is a food with carbs.



- Pick up the bowl of cereal.
- Name some other cereals.
- Cereal and oatmeal have carbs.



Many kinds of foods have carbs.

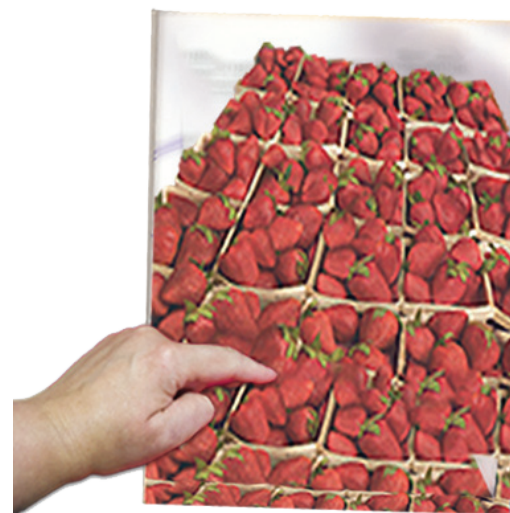
Are You Ready To Play the I Spy Carbs Game?

- Let's find foods with carbs.
- Let's look at the magazine (or grocery store flyer).
- Find some pictures of foods with carbs.
- Ask each other if the pictures in the magazine are carb foods.
- Point to the picture of the food with carbs.
- If you found a carb food, say "I spy carbs!"
- Try to find different kinds of carb foods.



Play the I Spy Game any time. Try it:

- While grocery shopping.
- In the kitchen, looking in the refrigerator or cupboards.
- Looking at cardboard food models.
- At mealtime.



Turn the
page to find
some helpful
hints!

Carbs are good for you. Your body turns carbs into energy.

Let's Review: You are learning to find some foods with carbs!



It takes practice to learn which foods have carbs.