

# Chocolate Buttons



Eating  
too much food  
can make you  
gain weight.

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

## Purpose of Activity

To practice how to choose the right amount of chocolate buttons

## Teaching Points

1. You can eat too much chocolate if you eat out of the bag.
2. Scoop out the right amount of chocolate buttons to eat.
3. A serving of chocolate buttons is about 25.



## What You Need

**Place these things nearby:**

- 1 medium bag (14 oz.) chocolate candies
- 1 large bowl (the right size to hold the entire bag of candy)
- Snack baggies

# Are You Ready to Play the Chocolate Buttons Game?

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**It's easy to eat too much chocolate.**

- Do you like to eat chocolate?
- Here is a bag of chocolate buttons.
- The bag looks like it is just right for one person.
- Chocolate tastes so good, it is easy to keep eating from the bag.
- Eating too much chocolate at once can make you gain weight.
- A medium size bag has 8 servings of chocolate buttons.
- Eating the whole bag is like eating 8 snacks!



# Let's Practice: Choose the Right Amount of Chocolate Buttons

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- 25 chocolate buttons is the right amount for a snack.
- How can we choose the right amount without counting every time?
- Let's find out together.
- Pour the bag of candies into the empty bowl.
- Count out 25 chocolates and put them in your hand.
- Look at how much your hand is filled.
- Put them back into the bowl.
- Without counting, try to scoop up the same amount in one hand.
- Count them out.
- Were you close to 25?
- Put them into a snack baggie.
- Using a snack baggie is a good way to choose the right amount.



Turn the  
page to find  
some helpful  
hints!

# Let's Review: You've Learned About Chocolate Buttons!

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## Enjoy the Right Amount of Chocolate Buttons.

Here's how:

- Scoop the right amount of chocolate buttons out of the bag before eating.



It takes practice to choose the right amount.