

# The Spaghetti Survivor



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 spaghetti for a meal

## Teaching Points

1. One cup of spaghetti noodles is the right amount for a meal for most people.
2. Use a quarter to measure the right amount of dry spaghetti noodles to cook for 1 serving.
3. Add a vegetable or salad to complete a spaghetti meal.



## What You Need

### Place these things nearby:

- 1 lb. box of spaghetti, cooked and drained, in a large bowl
- 1 tablespoon vegetable oil
- 1 lb. box of spaghetti, uncooked
- 1 dinner plate
- 1 quarter
- 1-cup measuring cup (in kit)
- Food service gloves (in kit)

## Suggestion

Toss cooked spaghetti with the oil to keep noodles from sticking.



# Are You Ready to Play The Spaghetti Survivor Game?

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

- Do you like to cook spaghetti?
- Spaghetti is a favorite food for many of us.
- It is easy to eat too much spaghetti if we put it on a large plate.
- It is easy to eat too much spaghetti if we cook too many noodles.
- Spaghetti tastes so good, we want to keep eating more.
- Eating too much spaghetti at once can make you gain weight.



**Cooking the whole box of spaghetti makes too much for one person at one meal.**



# Let's Practice: Measure the Right Amount of Spaghetti

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- Fill the plate with lots of cooked spaghetti noodles, like you've seen served at a restaurant.
- Is this plate one serving?
- Let's find out together.
- Start by putting on a plastic glove.



- Pick up some spaghetti from the plate and put it into the measuring cup.
- Put the spaghetti from the measuring cup back into the big bowl.
- Measure 1 cup at a time until the plate is empty.
- Keep track of how many cups are measured.
- How many cups of spaghetti were in the bowl?



- Put 1 cup of cooked spaghetti on a plate.
- 1 cup of cooked spaghetti is the right amount for most people.



Turn the  
page to find  
some helpful  
hints!

# Let's Review: You've Learned About Spaghetti!

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## Eat the Right Amount of Spaghetti.

### Here's how:

When you have a spaghetti meal:

- Put 1 cup of spaghetti noodles on a plate.
- Top the spaghetti noodles with sauce.
- Put salad or vegetables on the other part of the plate.



### Suggestion:

- Use a quarter to measure dry noodles before cooking.  
Try it!
- After cooking it will be about 1 cup of spaghetti noodles.
- This is a good way to cook the right amount of spaghetti for a meal.

