Learning About Carbs
Toolkit Contents

**Pinwheel Game (#1)**
Pinwheel

**Carb Matching Game (#2)**
That’s Right button
Packet of cardboard food models labeled “Carb Foods”
- Strawberries
- Broccoli
- Slice of bread
- Baked potato
- Cereal (cheerios)
- Spaghetti
- Corn
- Peas
- Milk
- Rice
- Yogurt
- Oatmeal

**Sweet Treats Game (#3)**
Plastic food models:
- Big chocolate chip cookie
- 2 small chocolate chip cookies
Packet of cardboard food models labeled “Sweets, Fruits, and Sweet Treats”:
- Grapes
- Peaches
- Sweet roll
- Doughnut
- 8 squares of chocolate bar
- Pie
- Cake
- Slice of whole wheat bread
- Jelly
- Brownie
- 4 squares of chocolate bar
Two signs (printed and laminated by CD&M):
- “Sweets: Lots of Carbs”
- “Sweet Treats: Just the Right Amount of Carbs”
Slow Down for High Carb Veggies Game (#4)
Plastic food models:
- Baked beans
- Baked potato
- Corn
- Peas

½-cup measuring cup ???

I Spy Carbs Game (#5)
Plastic food models:
- Peas
- Slice of bread
- Hamburger roll
- Macaroni
- Rice
- Bowl of cereal
Welcome to the
Happy, Healthy and Well Games
Learning About Carbs

The workbook, *Happy, Healthy and Well Games: Learning About Carbs*, contains fun and easy activities to help caregivers teach consumers how to make healthy food choices. This is one of several components in the Happy, Healthy and Well initiative. The Resource Guide contains all the introductory materials for the Happy, Healthy and Well project, including the Consumer Booklet, Caregiver Guide, checklists and other resources. The first workbook, *Happy, Healthy and Well Games: Eat the Right Amount*, has fun and easy activities to help caregivers teach consumers about portion control.

Both Games workbooks and the Resource Guide materials are available for download at: http://muskie.usm.maine.edu/cfl/HHW/index.html.
Happy, Healthy and Well Team

The following individuals have shown dedication and commitment to the Happy, Healthy and Well project. Some have been involved since its inception, while others have provided their expertise and guidance for continued development and improvement.

Cutler Institute, Muskie School of Public Policy, the University of Southern Maine:

Kate Corbett, LCSW  
Project Co-Director  
Policy Associate  
Center for Learning  
Disability and Aging Program

Madeleine Martin, MS, RD  
Project Co-Director  
Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Kathleen Cullinen, PhD, RD, LD  
Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Nadine Edris, LMSW  
Senior Policy Associate & Strategic Development Director  
Center for Learning  
Disability and Aging Program

DeeDee Reardon  
Distance Education Web Design Specialist  
Maine Nutrition Network  
Public Health and Health Policy Program

Chris Sady, MS, RD  
Policy Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Maine Department of Health and Human Services:

Paul Tabor  
Developmental Services Training Coordinator  
Office of Adults with Cognitive and Physical Disabilities

Happy, Healthy and Well Games: Learning About Carbs

This workbook was researched and prepared by:

Kate Corbett, LCSW  
Madeleine Martin, MS, RD, LD  
Janice Daley, MSW
Welcome to the

Happy, Healthy and Well Games

Learning About Carbs

The workbook, *Happy, Healthy and Well Games: Learning About Carbs*, contains fun and easy activities to help caregivers teach consumers how to make healthy food choices. This is one of several components in the Happy, Healthy and Well initiative. The Resource Guide contains all the introductory materials for the Happy, Healthy and Well project, including the Consumer Booklet, Caregiver Guide, checklists and other resources. The first workbook, *Happy, Healthy and Well Games: Eat the Right Amount*, has fun and easy activities to help caregivers teach consumers about portion control.

Both Games workbooks and the Resource Guide materials are available for download at: http://muskie.usm.maine.edu/cfl/HHW/index.html.
Happy, Healthy and Well Team

The following individuals have shown dedication and commitment to the Happy, Healthy and Well project. Some have been involved since its inception, while others have provided their expertise and guidance for continued development and improvement.

Cutler Institute, Muskie School of Public Policy, the University of Southern Maine:

Kate Corbett, LCSW  
Project Co-Director  
Policy Associate  
Center for Learning  
Disability and Aging Program

Madeleine Martin, MS, RD  
Project Co-Director  
Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Kathleen Cullinen, PhD, RD, LD  
Research Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Nadine Edris, LMSW  
Senior Policy Associate & Strategic Development Director  
Center for Learning  
Disability and Aging Program

DeeDee Reardon  
Distance Education Web Design Specialist  
Maine Nutrition Network  
Public Health and Health Policy Program

Chris Sady, MS, RD  
Policy Associate  
Maine Nutrition Network  
Public Health and Health Policy Program

Maine Department of Health and Human Services:

Paul Tabor  
Developmental Services Training Coordinator  
Office of Adults with Cognitive and Physical Disabilities

Happy, Healthy and Well Games: Learning About Carbs

This workbook was researched and prepared by:

Kate Corbett, LCSW  
Madeleine Martin, MS, RD, LD  
Janice Daley, MSW
Guide for Nutrition Coaches

What are the Happy, Healthy and Well Games?
The Happy, Healthy and Well Games are a series of fun and easy activities to help you teach consumers how to make healthy food choices. Healthy food can help the people you support feel good and have better health. Many people are concerned about their weight. Extra weight can cause diabetes for some people, but making healthy food choices can lower their risk. Although the Games are designed for consumers, you might even find yourself learning some nutrition tips along the way!

Who are the Nutrition Coaches?
Anyone can be a Nutrition Coach, like you!

When do I use the Games?
• Use the activities anytime during the day. Keep each session short and sweet.
• Do the activities in any order. You don't have to do all of them.
• You can repeat the activities. Practice is a great way to help folks learn.
Guide for Nutrition Coaches

What does a Nutrition Coach do?

You, the Nutrition Coach, provide learning opportunities for the people you support. You allow them to learn at their own pace and to make changes on their own. The Coach is patient with the process, because changing habits takes time. Let the person you support know that lots of people have a hard time changing habits or losing weight and keeping it off.

Here are some tips:

• Pick a Game about a food the consumer enjoys, like ice cream or spaghetti.
• Adapt the activity for the consumer’s learning style and abilities. For example, you might demonstrate a step first, and then ask the consumer to try it.
• Make it fun! Tell a personal story, ask for comments and keep it positive.
• Invite consumers to use what they’ve learned at snack and meal times.
• Give each person a copy of the last page of each Game (Let’s Review) to keep or post, after they have completed the Game.
• Recognize accomplishments. There is a certificate master in the back of the binder. Copy the certificate and fill in the consumer’s name. Some consumers like recognition after each session. Others may like to look forward to recognition after finishing a series of Games. You can decide how to use the certificate.
• Suggest that the consumer share this Game with family or a friend.
Guide for Nutrition Coaches

The instructions are color-coded. Here’s the key:

**Read to yourself:**
- What the Game teaches

**Read to yourself:**
- Things you’ll need

**Read aloud with the consumer:**
- Carrying out the activity

**Read aloud with the consumer:**
- Finish and review
Use Nutrition Labels to Help You Make Healthy Choices: Calories and Carbohydrates (Carbs)

Coach Note: Do you wonder how to use calorie and carb information on a Nutrition Facts label? Are 250 calories in a serving of food too much or too little? Are 30 grams of carbs in a serving of food too much or too little? Packaged foods and some fast food and restaurant choices have Nutrition Facts. Use Nutrition Facts information to help you make healthy choices. Compare similar foods and decide on the right serving size.

Meals
**Just the right amount for meals is 400-600 calories and 45-60 grams of carbs.**

<table>
<thead>
<tr>
<th>Just the right amount:</th>
<th>Too many calories and carbs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• A frozen dinner may have 400 calories.</td>
<td>• A fast food meal (big burger, medium fries and soda) may have 1,140 calories.</td>
</tr>
<tr>
<td>• The same frozen dinner has 54 grams of carbs.</td>
<td>• The same fast food meal has 152 grams of carbs.</td>
</tr>
</tbody>
</table>

Snacks
**Just the right amount for snacks is up to 120 calories and 15-20 grams of carbs.**

<table>
<thead>
<tr>
<th>Just the right amount:</th>
<th>Too many calories and carbs:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 container of plain yogurt without sugar</td>
<td>• A candy bar may have 280 calories.</td>
</tr>
<tr>
<td>may have 100 calories.</td>
<td>• The same candy bar has 35 grams of carbs.</td>
</tr>
<tr>
<td>• The same yogurt has 15 grams of carbs.</td>
<td></td>
</tr>
</tbody>
</table>

Each person needs different amounts of calories and carbs each day. Some people may need to limit the number of snacks a day. **A person should follow any special diet recommended by their doctor or dietitian.**
The Pinwheel Game

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

Purpose of Activity
To learn that carbs in food are a source of energy.

Teaching Points
1. Your body turns carbs in food into energy.
2. Eating foods with carbs can help make your body go.
3. Your body uses more carbs when you are more active.

What You Need
• Pinwheel (included in toolkit)
Are You Ready To Play the Pinwheel Game?

• Hold the pinwheel. Blow on it slowly. Now, blow hard!
• Your breath makes the pinwheel go.
• Your body uses energy when you blow on the pinwheel.
• The energy comes from the food you eat!
• Your body turns the carbs in food into energy.

• Do you go for walks? Do you swim? Do you dance?
• Walking, swimming, and dancing use your body’s energy.

Eating foods with carbs helps make your body go!
Let’s Practice: Your Energy

• Blow on the pinwheel very slowly.
• That takes a little bit of your energy.
• When you watch TV, you use a little bit of energy.
• You don’t need to eat much food with carbs when you watch TV or play computer games.

• Blow hard on the pinwheel.
• That takes more energy.
• When you go for a walk, it takes more energy than when you watch TV.
• Eating carbs helps your body to have energy to do things like go for a walk.

Carbs are good for you. Your body turns carbs into energy.
Let’s Review: You’ve Learned That Carbs in Food Give You Energy!

- Carbs are something in food that your body turns into energy.
- Eating foods with carbs helps your body to have energy to walk, swim, or dance!
The Carb Matching Game

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

Purpose of Activity
To learn about some foods with carbs.

Teaching Point
Lots of foods have carbs.

What You Need
• Red button (included in kit)
• Packet of cardboard food models labeled “Carb Foods” (included in kit)
Let’s Play the Carb Matching Game!

• Take the Carb Foods bag out of the toolkit.
• Take the food models out of the bag and put them on the table.
• Pull out the Game Sheet from the pocket of this page.
• Open it up and put it on the table.
Let’s Review: You’ve Started to Learn About Foods with Carbs!

Here are some foods that have carbs

It takes practice to know which foods have carbs.
Carb Matching Game

All of these foods have carbs.

- Find the picture near “START.”
- Find a food model that matches the photo.
- Put the food model on the picture.
- Press the red button when your match is right.
- Keep following the line to the next picture, matching each one with a food model until you get to “FINISH.”

Did you hear the red button lots of times? Great!
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.

Purpose of Activity
What to choose if you’d like a sweet treat.

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.

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.
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
   - Corn and peas
   - Baked beans
   - 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
- ½-cup measuring cup
- Scissors

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

Tip: After you play the Game, save the vegetables to use later in meals.
Are You Ready To Play the Slow Down for High Carb Veggie Game?

- Some veggies have lots of carbs.
- Veggies with lots of carbs taste so good, it’s easy to eat big helpings.
- Big helpings of veggies with lots of carbs give you more carbs than you need.

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 ½-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!

Choose just the right amount of high carb veggies. Here’s how:

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

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.

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.
You did it!
For the completion of:

By:

Happy, Healthy and Well Games
Learning About Carbs