I Scream For Ice Cream

Purpose of Activity
To practice choosing the right amount of ice cream for a dessert or snack

Teaching Points
1. ½ cup of light ice cream is about the right amount.
2. Choose a favorite cup or small bowl that is just right for a ½-cup serving. Use it every time you have ice cream.
3. Choose a serving of ice cream with less than 120 calories per serving.

What You Need
Place these things nearby:
• A quart of light ice cream with less than 120 calories per serving, such as Edy’s Slow Churned
• ½-cup measuring cup (in kit)
• 2 large bowls, about 2-cup size
• Ice cream scoop (in kit)
• Soup spoon

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

Eating too much food can make you gain weight.
It’s Easy to Eat Too Much Light Ice Cream

• What is your favorite kind of ice cream?
• Here is a quart of light ice cream.
• Ice cream tastes so good, it’s easy to eat too much.
• Eating a quart of light ice cream like this one is like eating 12 snacks.
• Eating this much light ice cream can make you gain weight.
• One small dish of light ice cream is just the right amount.
Let’s Practice: How Much Light Ice Cream is in a Big Bowl?

• Most of us choose too much light ice cream for a snack.
• Fill the bowl with a lot of ice cream.
• Is this one serving?
• Let’s find out together.

• Fill the ½-cup measuring cup with light ice cream and put it in the empty big bowl.
• Keep filling the measuring cup with ice cream, putting it in the other bowl until the first bowl is empty.
• Level off each ½-cup so it is an exact measure.
• Keep track of how many measuring cups you emptied into the second bowl.
• A serving of ice cream is ½ cup.
• How many ice cream snacks were in the big bowl?

Turn the page to find some helpful hints!
Let’s Review: You’ve Learned About Ice Cream!

Eat the Right Amount of Light Ice Cream.

Here’s how:

• Choose a favorite cup or small bowl that is just right for ½-cup of light ice cream.

• Use that cup or bowl every time you have light ice cream.

Suggestion:

• There are lots of ice cream choices at the store.

• How do you pick a healthy one?

• Look at these 3 facts on the Nutrition Facts label.

• A healthy ice cream choice has less than 120 calories for ½ cup.