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?

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

- 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.
Let’s Review: You’ve Learned About Chocolate Buttons!

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.