

# Create a Plate

**Description:** This is designed to help individuals recognize/calculate the carb count for meals or snacks.

**Objective:** To create a learning tool for use by many and to use as a teaching device

**Age Range:** All ages

**Setting:** Can be used by large groups or small groups, but the individuals creating can be specific to what they like

## Materials

- Needed:**
- Disposable plates (if you chose to draw, paper plates are best)
  - Crayons
  - Pictures (sales papers)
  - Glue
  - Scissors

- Directions:**
1. Design a plate with whatever you desire to put on it. Make sure amounts are on the plate for accurate counting.
  2. Make some meal plates and snack plates. You can use labels from items and glue onto the plates. If you have a label, you can glue it to the back of the plate.
  3. Playing the game can strictly be “What is the carb count?” Or you might say, “The meal plan calls for 4 carbs, do you get to add foods to this item, or is it too much already for the meal plan?”
  4. If adding items to the plate, ask “What would you add to get the count to \_\_\_\_\_ and give an amount?”

## Adaptations or

**Modifications:** Using meal boxes instead of creating paper plate tools can be a variation.