

Decorate the Dietitian or Cabbage or the Human Trashcan

Description: This activity is designed to help participants with carbohydrate counting including learning carbohydrate-containing food groups and other food groups, calculating carbohydrate content and appropriate serving sizes based on labels, and measuring techniques.

Objectives: At the end of the game the players should be able to:

- State which foods belong to each food group
- Select the foods that contain carbohydrate
- Evaluate the serving size and total carbohydrate for various food labels
- Calculate and measure appropriate amounts

Age Range: 4–7 year olds and 8–13 year olds

Setting: Large outside area that can become very dirty and be washed off

Materials

Needed:

- A variety of food products from all food groups. Suggested items include: Milk, chocolate milk, peanuts, tortilla chips, orange, apple, cranberry, and grape juice, eggs, yogurt, cottage cheese, sour cream, Parmesan cheese, tub margarine, whipped dessert topping, oil, pudding, frosting, brown sugar, granulated sugar, mayo, salad dressing, ketchup, mustard, soup, picante sauce, jelly, spaghetti sauce, cereal, chocolate syrup, applesauce, oatmeal, baked beans, corn, peas, green beans, aerosol-can cheese, regular soda, diet soda, pimento cheese
- Measuring cups and spoons
- Table large enough to hold the food items
- Old clothes, a clear plastic poncho, and goggles to wear for protection
- Trash can and bags (for clean-up); bags can be used to make plastic poncho

Directions:

1. Have players sit in the designated area.
2. Players will each receive a food item (one at a time).
3. Players will be asked questions regarding food groups, serving sizes, total carbohydrate, calories, fat, portion sizing (measuring/counting).
4. Players will be allowed to pour/throw a serving size of the food item on the dietitian if he/she successfully answers the questions.



Adaptations or

Modifications: None suggested.

Sample

Questions: To ask depending on age:

To which food group does the item belong?

Carbohydrate, protein or fat?

What is the serving size amount for 15 grams of carbohydrate?

30 grams carbohydrate?

45 grams carbohydrate?

Portion size by measuring or counting a portion size for 15 grams of carbohydrate.