

Chinese Buffet – The 2-Cup Way



Eating
too much food
can make you
gain weight.

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

Purpose of Activity

To learn how to make good choices at a Chinese buffet

Teaching Points

1. People overeat at buffets because they can get lots of food for a good price.
2. People eat extra helpings at buffets because delicious food in plain sight is hard to resist.
3. Two cups of Chinese buffet food is the right amount of food to choose at a Chinese buffet.



What You Need

Have these things nearby:

- 2-cup measuring cup (in kit)
- Serving spoon
- Bag of frozen stir-fry vegetables
- Bag of boil-in-the-bag rice
- Box of frozen eggrolls

Are You Ready To Play The Chinese Buffet Game?

It's easy to eat too much at a Chinese buffet.

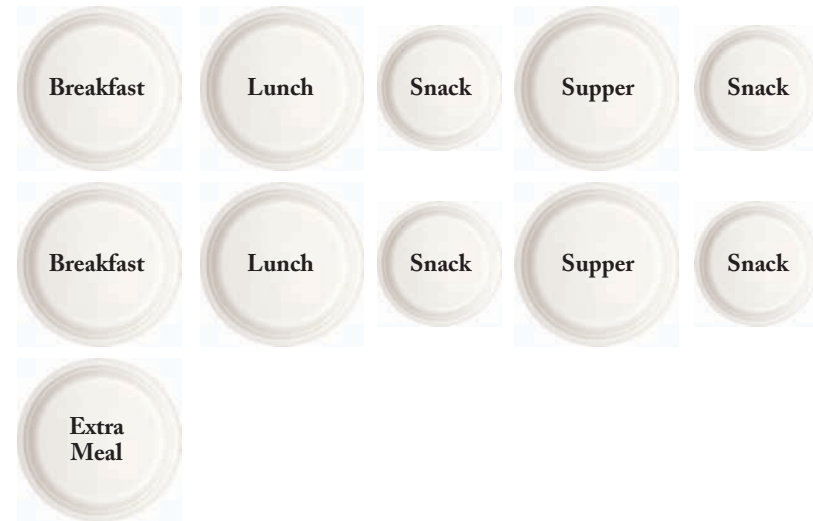
- What do you choose at the Chinese buffet?
- You get lots of food at a good price at a Chinese buffet.
- People eat extra helpings at buffets because delicious food in plain sight is hard to resist.
- Let's see how much food is in 2 big plates of Chinese buffet food.
- Eating 2 big helpings at a Chinese buffet is like eating enough food for 2 days.
- Adding a sweet drink and a dessert is like eating even another meal.



First helping



Second helping



Eating a lot of food at a Chinese buffet is too much food to eat at 1 meal.

Let's Practice: Use The 2-Cup Way to Choose Food at a Chinese Buffet

- How much food should you choose at the Chinese buffet?
- Let's find out together.

- Open:
 - bag of frozen stir-fry vegetables
 - boil-in-the-bag rice
 - box of frozen eggrolls
- Put the 2-cup measuring cup in front of you.
- Choose some vegetables and rice.
- You can pick an eggroll, too, if you want.
- Put the food you want into the measuring cup, only to the top. Don't let it spill over!
- That is 2 cups of Chinese food.

- Drink water instead of a sweet drink.
- Have fruit for dessert.

You just learned how to use The 2-Cup Way to choose the right amount of Chinese buffet food!



Turn the page to find some helpful hints!

Let's Review: You've Learned About Chinese Food!

Eat the Right Amount of Food At a Chinese Buffet.

Here's how:

- Use the 2-Cup Way.
- Think of the big measuring cup when you are at the buffet.
- Try to choose about 2 cups of Chinese food.
- It takes practice to choose the right amount.
- Choose water to go with the meal.
- Choose fruit for dessert.
- That is the right amount of food to eat at a Chinese buffet.
- Enjoy your delicious Chinese meal.



These choices may help you control your weight.