1. 27 qt. plastic bin
2. Set of National Dairy Council Food Models (order from Maine Dairy and Nutrition Council www.drinkmainemilk.org/ )
NOTE: out of print until March 2012)
3. 1-cup liquid measuring cup
4. 2-cup liquid measuring cup
5. Set of dry measuring cups
6. Boxed deck of playing cards (use 20 cards; discard the rest)

NOTE: label any 20 cards from the deck with one of each of these words, then replace in deck until ready to play Let's Make a Meal Card Game:

- steak, hamburg patty, pork chop, chicken, fish
- green beans, carrots, broccoli, salad, tomatoes
- baked potato, mashed potatoes, egg noodles, rice, fries
- applesauce, pears, peaches, fruit cocktail and grapes


7. Hamburg patty, 4 oz (order from www.enasco.com/nutrition/, \#W05771HR)
8. One 32 oz . plastic or paper cup from a convenience or fast food establishment (alternative: use 4-cup glass measuring cup OR a 1 liter soda bottle for the Sugar Mountain Game))
9. Tennis ball
10. Ice cream scoop
11. Box of food service gloves
12. Computer mouse (with cord removed)
$13.11 / 2^{\prime \prime} 3$-ring binder for downloadable Happy, Healthy and Well Games: Eat the Right Amount materials

## Happy, Healthy and Well Games <br> Eat the Right Amount

## Welcome to the

## Happy, Healthy and Well Games <br> Eat the Right Amount

The workbook, Happy, Healthy and Well Games: Eat the Right Amount, contains fun and easy activities to help caregivers teach consumers how to make healthy food choices. This is one of several components in the Happy, Healthy and Well initiative. The Resource Guide contains all the introductory materials for the Happy, Healthy and Well project, including the Consumer Booklet, Caregiver Guide, checklists and other resources. It is available for download at http://maine-nutrition.org/Projects/HHW/index.html or by contacting mmartin@usm.maine.edu or kcorbett@usm.maine.edu.

## Happy, Healthy and Well Team

The following individuals have shown dedication and commitment to the
Happy, Healthy and Well project. Some have been involved since its inception, while others have provided their expertise and guidance for continued development and improvement.

Cutler Institute, Muskie School of Public Policy, the University of Southern Maine:

Kate Corbett, LCSW
Project Co-Director
Policy Associate
Center for Learning
Disability and Aging Program
Kathleen Cullinen, PhD, RD, LD
Research Associate
Maine Nutrition Network
Public Health and Health Policy Program

## DeeDee Reardon

Distance Education Web Design Specialist
Maine Nutrition Network
Public Health and Health Policy Program

Madeleine Martin, MS, RD, CDE
Project Co-Director
Research Associate
Maine Nutrition Network
Public Health and Health Policy Program

## Nadine Edris, LMSW

Senior Policy Associate \& Strategic Development Director
Center for Learning
Disability and Aging Program
Chris Sady, MS, RD
Policy Associate
Maine Nutrition Network
Public Health and Health Policy Program

Maine Department of Health and Human Services:

## Paul Tabor

Developmental Services Training Coordinator
Office of Adults with Cognitive and Physical Disabilities

## Happy, Healthy and Well Eat the Right Amount Games Team

This workbook was researched and prepared by:
Kate Corbett, LCSW
Madeleine Martin, MS, RD, CDE, LD

# UNIVERSITY OF SOUTHERN MAINE Muskie School of Public Service 

Disability and Aging<br>Maine Nutrition Network

This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP). The Maine Food Supplement Program (FSP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your regional office. You may find your regional office by visiting www.maine.gov/dhhs/OFI/offices/index.html

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability.

## Guide for Nutrition Coaches

## What are the Happy, Healthy and Well Games?

The Happy, Healthy and Well Games are a series of fun and easy activities to help you teach consumers how to make healthy food choices. Healthy food can help the people you support feel good and have better health. Many people are concerned about their weight. Extra weight can cause diabetes for some people, but making healthy food choices can lower their risk. Although the Games are designed for consumers, you might even find yourself learning some nutrition tips along the way!

## Who are the Nutrition Coaches?

Anyone can be a Nutrition Coach, like you!

## When do I use the Games?

- Use the activities anytime during the day. Keep each session short and sweet.
- Do the activities in any order. You don't have to do all of them.
- You can repeat the activities. Practice is a great way to help folks learn.


## Guide for Nutrition Coaches

## What does a Nutrition Coach do?

You, the Nutrition Coach, provide learning opportunities for the people you support. You allow them to learn at their own pace and to make changes on their own. The Coach is patient with the process, because changing habits takes time. Let the person you support know that lots of people have a hard time changing habits or losing weight and keeping it off.

Here are some tips:

- Pick a Game about a food the consumer enjoys, like ice cream or spaghetti.
- Adapt the activity for the consumer's learning style and abilities. For example, you might demonstrate a step first, and then ask the consumer to try it.
- Make it fun! Tell a personal story, ask for comments and keep it positive.
- Invite consumers to use what they've learned at snack and meal times.
- Give each person a copy of the last page of each Game (Let's Review) to keep or post, after they have completed the Game.
- Recognize accomplishments. There is a certificate master in the back of the binder. Copy the certificate and fill in the consumer's name. Some consumers like recognition after each session. Others may like to look forward to recognition after finishing a series of Games. You can decide how to use the certificate.
- Suggest that the consumer share this Game with family or a friend.


## Grapes and Tennis Balls

Eating too much food can make you
Coach Note: Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To practice how to choose the right amount of grapes for a serving

## Teaching Points

1. Fruit is good for you, but not too much at once.
2. A serving of grapes is about the size of a tennis ball.
3. Pre-pack grapes and other fruit in a snack-size baggie.


## What You Need <br> Place these things nearby:

- 1 large bag of grapes, kept in the store-bought bag
- 1 tennis ball (in kit)
- 1 box of snack-size baggies
- 2 small paper plates


## Are You Ready to Play the Grapes and Tennis Balls Game?

## It's easy to eat too many grapes.

- What is your favorite fruit?
- Fruit is good for you.
- Eating too much fruit at once can make you gain weight.
- It's easy to eat too many grapes.
- Here is a store-bought bag of grapes.
- The bag looks like it is just right for one person.
- Do you know anyone who has eaten a whole bag of grapes?
- It is easy to eat too much if we eat from the bag.
- Grapes taste so good, we want to keep
 eating more.


## Let's Practice: Is One Bag One Serving?

- Is one bag one serving?
- Let's find out together.
- Put the tennis ball on a small paper plate.
- Put grapes on the second plate to look like the same amount as a tennis ball.
- Take the grapes off the plate and put them into a snack-size baggie.
- Put them into bunches the size of a tennis ball.
- Put each bunch into one single-snack baggie.
- How many grape snacks are in one store-bought bag?


Turn the page to find some helpful hints!

## Let's Review: You've Learned About Grapes!

## Eat Just the Right Amount of Grapes.

## Here's how:

A serving of grapes is about the size of a tennis ball.


Break up a large bunch of grapes into snack baggies to eat later.


## The Cereal Bowl for Champions

Eating too much food can make you
Coach Note: Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To practice how to choose the right amount of cereal

## Teaching Points

1. You can eat too much cereal if you use a large bowl.
2. One cup of cereal is usually just the right amount for breakfast.
3. You can eat too much cereal if you eat out of the box.
4. One $1 / 2$-cup of cereal is usually just the right amount for a snack.


## What You Need <br> Place these things nearby:

- 1 box of any cereal
- 1 small bowl for 1 cup of cereal
- 2 serving bowls, the same size
- 1-cup measuring cup (in kit)
- $1 / 2$-cup measuring cup (in kit)
- snack baggie


## Are You Ready to Play The Cereal Bowl for Champions Game?

## It's easy to eat too much cereal.

- Cereal is fun to eat for breakfast or for a snack.
- What is your favorite cereal? When do you like to eat it?
- It is easy to eat too much cereal if you pour it into a large bowl.
- It is hard to know how much cereal you are eating if you eat right out of the box.
- Cereal tastes so good, we want to keep eating more.
- Eating too much cereal at once can make you gain weight.



## Let's Practice: How Much Cereal is in a Serving?

- Fill the big bowl with cereal.
- Is this bowl one serving?
- Let's find out together.

- Scoop up some cereal using the measuring cup.
- Put the cupful into the empty big bowl.
- Scoop up 1 cup at a time until the bowl is empty.
- Count how many cups were emptied.
- How many cups are in the big bowl?
- One breakfast is about 1 cup.
- How many breakfasts are in the big bowl?


Turn the page to find some helpful hints!

## Let's Review: You've Learned About Cereal!

## Eat a Healthy Breakfast.

## Here's how:

- Measure 1 cup of cereal.
- Pour it into a small bowl.
- That's just the right amount for breakfast!

Add milk and fruit, like berries or banana. They are good for you and help fill you up.


- Measure $1 / 2$ cup of cereal.
- Put it into a snack baggie.
- That's just the right amount for a snack!


## Big Big Burger

Eating too much food

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

## Purpose of Activity

To learn how to choose the right amount of meat for a meal

## Teaching Points

1. One pound of hamburger meat can make four patties.
2. The right amount of meat is the same size as a deck of cards.
3. Special burger deals at fast food places and restaurants are too big.

4. A healthy meal with meat includes lots of vegetables; a starch, like a hamburger roll; and a fruit.

## What You Need

Place these things nearby:

- Burger model (in kit)
- 1 pound lean hamburger meat in a bowl
- Wax paper, 18-inch piece
- Disposable food service gloves (in kit)
- A boxed deck of cards (in kit)


## Suggestion

Do this game before a burger meal!

## Are You Ready to Play the Big Big Burger Game?

## It's easy to eat too much meat.

- What kind of burger do you like? What do you put on your burger?
- You can get big burgers like this one at a fast food restaurant.
- It looks delicious, especially when you are very hungry.
- This size hamburger is too much meat for a meal.

- Eating a big burger like this one is like eating more than one meal at once.
- Eating a hamburger that is too big can make you gain weight.


## Let's Practice: Make the Right Size Hamburger Patty

- A hamburger patty should be the size of a deck of cards.
- How many patties can you make from 1 pound of hamburger?
- Let's find out together.
- Put gloves on to handle the raw meat.
- Shape a patty to look like the size of a deck of cards.
- Divide the rest of the hamburger into patties until the meat is all gone.
- Place patties on wax paper. Set aside to cook after the activity if you like.
- How many patties did you make?
- Most 1-pound packages of hamburger will make about 4 patties.


Turn the page to find some helpful hints!

## Let's Review: You've Learned About Burgers!

## Eat Just the Right Size Burger.

## Here's how:

- A serving of meat is about the size of a deck of cards.
- Try it! Put the deck of cards in one hand and the burger model in the other.
- Enjoy your burger with lots of vegetables, a roll and fruit for a balanced meal.



## Let's Make a Meal Card Game

Coach Note: Read this page to yourself, to get ready for the activity.
Eating too much food can make you gain weight.

## Purpose of Activity <br> To learn what meal portions look like on a plate

## Teaching Points

1. Vegetables should take up half your plate.
2. A meat portion is the size of a deck of cards.
3. Starchy food portions are the size of a computer mouse.
4. Fruit is a good dessert.


## Suggestion:

This is a card game. Learn the rules on Page 5 before you play it.

## Let's Make a Meal Card Game

## What You Need <br> Have these things ready:

- Cardboard food models in four piles (in kit)
- steak, hamburg patty, pork chop, chicken and fish
- green beans, carrots, broccoli, salad and tomatoes
- baked potato, mashed potatoes, egg noodles, rice and fries
- applesauce, pears, peaches, fruit cocktail and grapes
- A deck of cards box (in kit)
- A computer mouse (in kit)
- 20 labeled cards from the deck placed face down (in kit)
- 1 paper dinner plate and small bowl for each player, labeled as shown (in kit)



## Are You Ready to Play Let's Make a Meal Card Game?

- A serving of meat is the size of a deck of cards
- A potato is a starchy vegetable and is counted like rice or noodles in a meal
- A serving of potato (or starch) is about the size of a computer mouse
- Put vegetables on half the plate
- Enjoy fruit for dessert


## Balance Your Meal: Eat Just the Right Amount of Food

## Try this for fun:

- Put a deck of cards box next to the cardboard hamburger model.

Ask: Are they the same size?

- Put a computer mouse next to the cardboard potato model.

Ask: Are they the same size?"

## Let's Play: Let's Make a Meal Card Game (2-3 players)

## Goal:

Be the first player to fill your plate and bowl with the right food models, like this picture.


## Chocolate Buttons

Eating too much food can make you gain weight.

## 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.


Turn the page to find some helpful hints!

## 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.

## Counting Goldfish

Eating too much food

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

## Purpose of Activity

To practice how to choose the right amount of Goldfish

## Teaching Points

1. A snack is smaller than a meal.
2. There are 6 snack servings in a Goldfish bag.
3. Use a snack-size baggie to measure a portion of Goldfish or other crackers.


## What You Need

Place these things nearby:

- 1 bag of Goldfish crackers (6.6 oz.)
- 1 box of snack-size baggies


## Are You Ready to Play the Goldfish Game?

## It's easy to eat too many Goldfish crackers.

- Tell me about your favorite snack.
- Here is a bag of Goldfish crackers.
- The bag looks like it is just right for one person.
- It is easy to eat too many Goldfish if we eat right from the bag.
- Goldfish taste so good, we want to keep eating more.
- Eating the whole bag is like eating as much as 2 meals!
- Eating too many Goldfish at once can make you gain weight.
- A snack is smaller than a meal.



## Let's Practice: Measure the Right Amount of Goldfish

- 55 Goldfish is the right amount for a snack.
- How can you choose 55 without counting every time?
- Let's find out together.
- Count out 55 Goldfish and put into a snack baggie.
- Look at how much of the baggie is filled.
- Without counting, fill the other baggies with just about the same amount.
- Use up all the Goldfish in the bag.
- How many baggies did you fill?
- There are 6 servings in 1 Goldfish bag.
- That's enough for 6 people to have a snack.


Turn the page to find some helpful hints!

## Let's Review: You've Learned About Goldfish!

## Enjoy the Right Amount of Goldfish Crackers.

## Here's how:

- Fill a snack-size baggie to get just the right amount of Goldfish for a snack.


It takes practice to choose the right amount.

## Sugar Mountain

Eating too much food

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

## Purpose of Activity <br> To learn what to drink instead of sweet drinks

## Teaching Points

1. Sodas and sweet drinks have lots of sugar.
2. Drinking too much soda and sweet drinks can make you gain weight.
3. Instead of soda and sweet drinks, choose water, flavored water or diet drinks.


## What You Need <br> Place these things nearby:

- Empty large soda cup (32 oz.) (in kit)
- Food coloring (red, orange or yellow) - optional
- 1 liter bottle of sparkling water
- 1 box of sugar cubes
- 1 little plate
- Spoon for stirring


## Are You Ready to Play the Soda Game?

## It's easy to get too much sugar when you drink soda.

- What do you like to drink when you are thirsty?
- Here is a 32 -ounce soda.
- Many people like to drink big sodas.
- Big sodas don't cost a lot.
- Big sodas are sold everywhere.
- Soda has a lot of sugar.
- Drinking soda can make you gain weight.
- Other drinks that have lots of sugar are lemonade, sweet iced tea, Kool-Aid and sports drinks.
- Even small sodas have lots of sugar.



## Let's Practice: Let's Make a Soda

Coach Note: Read to yourself!! Shhh!
There are 27 sugar cubes in this big soda. You will say, "Not yet!," "Keep going!," "Not enough yet!," "Add some more," or "That's right!" until 27 sugar cubes have been added.

- How much sugar is in a big soda?
- Let's find out together.
- We're going to make a pretend soda.

- Pour the bottle of sparkling water into the 32 -ounce glass.
- Add some food coloring to make it the color you want. Stir.
- Add 1 sugar cube to the glass.

- Is that how much sugar is in a big soda?
- Add the amount of sugar cubes you think are in this size soda.
- There are 27 cubes of sugar in a big soda.
- Count out 27 more sugar cubes.
- Make a mountain of sugar.
- You just learned about sugar in soda!


## Let's Review: You've Learned About Sugar in Soda!

## Enjoy Drinks Without Sugar.

Here's how:

- Choose these drinks:


Water


Diet
Drink


Diet Iced Tea


Hot Tea

## The Juice Glass Game

Eating too much food can make you
Coach Note: Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To practice how to choose the right amount of juice

## Teaching Points

$1.1 / 2$ cup or 4 oz . is the right amount of juice for one day.
2. Choose a favorite small glass for juice.
3. Drink water when you are thirsty.

## What You Need <br> Place these things nearby:

- 1 tall glass, $12-20$ oz.
- 1 small juice glass, 4 oz .
- 1-cup measuring cup (in kit)
- 1 quart of orange juice
- Large bowl


## Are You Ready to Play The Juice Glass Game?

## It's easy to drink too much orange juice.

- What kinds of juice do you like?
- Orange juice is a healthy drink.
- It is easy to drink too much orange juice if you pour it into a large glass.
- Orange juice tastes so good, we want to keep drinking more.
- Drinking a quart of orange juice, like this one, is like drinking 8 servings.
- Drinking too much orange juice can make you gain weight.
- One small glass of orange juice a day is just the right amount.



## Let's Practice: What size glass is the right size?

- How many servings of orange juice are in a tall glass?
- Let's find out together.

- Empty the measuring cup into the big bowl.
- Pour $1 / 2$ cup at a time until the tall glass is empty.
- Count how many times you emptied the
measuring cup.
- How many servings of juice are in the tall glass?
- Pour $1 / 2$ cup of juice into a small glass. That is the right size glass for juice!

- Fill the tall glass with orange juice.
- Pour juice from the glass into the measuring cup, up to the $1 / 2$-cup line.

Turn the page to find some helpful hints!

## Let's Review: You've Learned About Juice!

## Drink Just the Right Amount of Orange Juice.

Here's how:

- Use your favorite small glass for juice.
- If you're thirsty for more, drink water instead.



## The Spaghetti Survivor

Coach Note: Read this page to yourself, to get ready for the activity.
Eating too much food can make you gain weight.

## Purpose of Activity

To practice how to choose the right amount of spaghetti for a meal

## Teaching Points

1. One cup of spaghetti noodles is the right amount for a meal for most people.
2. Use a quarter to measure the right amount of dry spaghetti noodles to cook for 1 serving.
3. Add a vegetable or salad to complete a spaghetti meal.


## What You Need <br> Place these things nearby:

- 1 lb . box of spaghetti, cooked and drained, in a large bowl
- 1 tablespoon vegetable oil
- 1 lb . box of spaghetti, uncooked
- 1 dinner plate
- 1 quarter
- 1-cup measuring cup (in kit)
- Food service gloves (in kit)


## Suggestion

Toss cooked spaghetti with the oil to keep noodles from sticking.


## Are You Ready to Play The Spaghetti Survivor Game?

It's easy to eat too much spaghetti.

- Do you like to cook spaghetti?
- Spaghetti is a favorite food for many of us.
- It is easy to eat too much spaghetti if we put it on a large plate.
- It is easy to eat too much spaghetti if we cook too many noodles.
- Spaghetti tastes so good, we want to keep eating more.
- Eating too much spaghetti at once can make you gain weight.


Cooking the whole box of spaghetti makes too much for one person at one meal.


## Let's Practice: Measure the Right Amount of Spaghetti

- Fill the plate with lots of cooked spaghetti noodles, like you've seen served at a restaurant.
- Is this plate one serving?
- Let's find out together.
- Start by putting on a plastic glove.
- Pick up some spaghetti from the plate and put it into the measuring cup.
- Put the spaghetti from the measuring cup back into the big bowl.
- Measure 1 cup at a time until the plate is empty.
- Keep track of how many cups are measured.
- How many cups of spaghetti were in the bowl?
- Put 1 cup of cooked spaghetti on a plate.
- 1 cup of cooked spaghetti is the right amount for most people.



## Let's Review: You've Learned About Spaghetti!

## Eat the Right Amount of Spaghetti.

Here's how:
When you have a spaghetti meal:

- Put 1 cup of spaghetti noodles on a plate.
- Top the spaghetti noodles with sauce.
- Put salad or vegetables on the other part of the plate.


## Suggestion:

- Use a quarter to measure dry noodles before cooking. Try it!
- After cooking it will be about 1 cup of spaghetti noodles.
- This is a good way to cook the right amount of spaghetti for a meal.

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

Eating too much food can make you gain weight.

## Purpose of Activity

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

## Teaching Points

$1.1 / 2$ cup of light ice cream is about the right amount.
2. Choose a favorite cup or small bowl that is just right for a $1 / 2$-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 <br> Place these things nearby:

- A quart of light ice cream with less than 120 calories per serving, such as Edy's Slow Churned
-1/2-cup measuring cup (in kit)
- 2 large bowls, about 2-cup size
- Ice cream scoop (in kit)
- Soup spoon


## 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 $1 / 2$-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 $1 / 2$-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 $1 / 2$ 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 $1 / 2$-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 $1 / 2$ cup.

## Chinese Buffet - The 2-Cup Way

Eating too much food

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

## Extra

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. 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.

## Enjoying Food: Make a Poster

Eating too much food can make you
Coach Note: Read this page to yourself, to get ready for the activity.

## Purpose of Activity

To learn that we can eat any food if we eat the right amount

## Teaching Points

1. We enjoy eating our favorite foods for many reasons.
2. You can eat any food you like, if you eat the right amount.
3. Favorite foods can be part of a healthy diet.

## What You Need

Have these things nearby:

- Magazines with pictures of food to cut out for a poster.
- Poster board
- Scissors and glue stick


## Are You Ready to Talk About Your Favorite Foods?

## It's easy to eat too much of our favorite foods.

- What are some of your favorite foods?
- We like some foods because they taste good.
- We like other foods because they remind us of special people, holidays or birthdays.
- Sometimes when we are sad or mad, we eat a favorite food to make ourselves feel better.
- Lots of people choose ice cream, chips or spaghetti to cheer themselves up.
- Sometimes, when we are proud of ourselves, we eat a favorite food to celebrate.
- Lots of people choose cookies or cake to celebrate.


It's easy to eat too much of a favorite food when we are cheering ourselves up or celebrating.

## Let's Practice: Find pictures of your favorite foods.

## Let's make a poster!

- Get the poster board, scissors and glue stick ready.
- Look through a magazine to find a picture of a food you like.
- Cut out the picture and glue it to the poster.
- Continue cutting out food pictures, gluing each to the poster.
- Have fun! Make your own design.
- You have put some of your favorite foods on the poster.
- Tell me about the food pictures you used.
- Choose just the right amount of your favorite food to enjoy when you are celebrating.
- Take a walk or talk to a friend instead when you feel mad or sad.
- You can eat any food you like, if you eat the right amount!


```
Glue Stick
```

Turn the page to find some helpful hints!

## Let's Review: You've Learned About Favorite Foods!

## You Can Eat Any Food You Like, If You Eat the Right Amount.

Here's how:


Spaghetti


Light Ice Cream


Crackers



Burger

Eat slowly to really taste the flavor of your favorite foods.

## Lunch Makeover

Coach Note: Read this page to yourself, to get ready for the activity.
Eating too much food can make you gain weight.

## Purpose of Activity <br> To learn how to make a healthy lunch

## Teaching Points

1. A take-out lunch can have too much food.
2. A healthy choice for lunch is to make your own sandwich.
3. The meat portion should be no bigger than a deck of cards.

## Suggestion

Shop for the food
4. Add vegetables and fruit for a healthy lunch.
listed before you play this Game. Then, play the Game before a sandwich lunch.

## What You Need <br> Place these things nearby: <br> Food: <br> - Whole wheat bread <br> - Deli meat <br> - Low-fat sliced cheese <br> - Light mayonnaise <br> - Green peppers <br> - Tomatoes <br> - Fresh spinach <br> - Onions <br> Other items: <br> $\begin{array}{ll}\text { - Deck of cards box } & \text { - Cutting board } \\ \text { (in kit) } & \text { - Sharp knife } \\ \text { - Table knife } & \text { - Paper towels } \\ \text { - Plates } & \end{array}$

## Are You Ready to Play the Lunch Makeover Game?

## It's easy to eat too much lunch.

- What kind of take-out lunch do you like?
- A take-out lunch can have a large sandwich, chips, soda and a cookie.
- Eating a big lunch like this one is like eating 2 or 3 meals at once.
- Eating a lunch that is too big can make you gain weight.



## Let's Practice: Make a Healthy Sandwich

- Eat just the right amount at lunch.
- Start by making a healthy sandwich.
- Let's make one together.
- Slice green peppers, onions and tomatoes on the cutting board.
- Wash some spinach leaves and dry with a paper towel.
- Place spinach on the cutting board.

- Look at the size of the deck of cards box.
- Choose enough sandwich meat to look like the size of a deck of cards.
- Now, let's put this sandwich together!
- Take out 2 slices of bread.
- Spread light mayonnaise on each slice of bread, if you'd like.
- Place the meat on one slice of bread.
- Put a slice of cheese on top of the meat.
- Choose some vegetables and put them on top of the meat and cheese.
- Top with the other slice of bread.

You just made a healthy sandwich!


Turn the page to find some helpful hints!

## Let's Review: You've Learned About Making a Healthy Lunch!

## Eat Just the Right Amount at Lunch.

## Here's how:

- Measure meat so that it is no bigger than a deck of cards.

- Add veggies to your sandwich.
- Add a vegetable for a side dish.
- Drink water.
- Have fruit for dessert.

