

ACTIVITY 1 · MINGLE — CUT ALONG THE DASHED LINES

Food Rule Cards

Ask your partners: "Have you ever followed or broken this rule? Tell me about the time."

CARD 1 · BREAKFAST**The Breakfast Rule**

- Never skip breakfast.
- Eat rice, not bread, in the morning.
- Drink water before your coffee.

Have you followed or broken this? When?

CARD 2 · SWEETS**The Sweets Rule**

- No sweets after 8 p.m.
- One small dessert a day is fine.
- Dark chocolate only.

Have you followed or broken this? When?

CARD 3 · VEGETABLES**The Vegetable Rule**

- Half your plate is vegetables.
- Eat something green every day.
- A salad before every dinner.

Have you followed or broken this? When?

CARD 4 · PORTION**The Portion Rule**

- Stop at 80% full (腹八分).
- Use a smaller plate.
- No second helpings.

Have you followed or broken this? When?

CARD 5 · DRINKS**The Drinks Rule**

- No sugary drinks.
- Green tea instead of juice.
- No coffee after 2 p.m.

Have you followed or broken this? When?

CARD 6 · EATING OUT**The Eating-Out Rule**

- Share a dish when you eat out.
- No fast food on weekdays.
- Choose the set meal, not à la carte.

Have you followed or broken this? When?

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CARD 7 · SNACKS

The Snack Rule

- No snacks between meals.
- Fruit instead of chips.
- Only snack at the table, never standing.

Have you followed or broken this? When?

CARD 8 · TIMING

The Timing Rule

- Finish dinner before 8 p.m.
- No food right before bed.
- Eat at the same time every day.

Have you followed or broken this? When?

CARD 9 · COOKING

The Cooking Rule

- Cook at home most nights.
- Use less salt when you cook.
- Steam or grill — don't fry.

Have you followed or broken this? When?

CARD 10 · TREATS

The Treat Rule

- One "free" meal a week.
- Birthday cake is always allowed.
- On a trip, there are no food rules.

Have you followed or broken this? When?

CARD 11 · BALANCE

The Balance Rule

- A little of everything.
- No food is a "bad" food.
- Listen to your body.

Have you followed or broken this? When?

CARD 12 · YOUR OWN

My Own Food Rule

Write a real rule from your life, then ask others.