

(Optional) Eating Out With the de la Cruz Family Role Play

Ric has just arrived at his favorite Chinese restaurant buffet for a dinner with his mother, Lola Idad, and the family of his brother Cesar.

Cesar: This is a good restaurant. They have good food for good prices.

Ric: Eating at buffets is hard for me. I have been trying to eat healthy ever since the doctor told me that I have high blood pressure. But when I see and smell the food here, I want to try it all. It takes a lot of will power not to choose the fried foods, which have always been my favorite!

Cesar: Remember the advice that Jose gave you—choose the right foods, whether you are eating at home or eating out.

Lola: That’s right, Cesar. We can all make heart healthy choices, even when we eat out. Remember, “*Kung may itinanim, may aanihin.*” “If you plant, you will harvest.” If you follow a healthy lifestyle, you will improve your health. Make wiser choices and eat smaller portions, and you can lower your blood pressure and lose some weight—like I did!

Cesar: Ric, I am going to eat the steamed dumplings, vegetables, and rice with the baked fish. And I am only going to make one trip to the buffet table so I don’t eat too much.

Ric: That sounds like a good dinner. Cesar, let’s go to the buffet table together. I will follow your lead.