

Date: _____

Name: _____

Create your own Restaurant!

This activity was created by Toni.

Have you ever wanted to be a professional chef or have your own restaurant? Well, here's your chance! Create a menu for your very own restaurant using all you know about food and nutrition.

Fill out the templates on the next few pages. Here are some things you should think about before building your menu:

- What are you going to call your restaurant?
- What will be the theme of your restaurant?
- What type of food will you serve?
- What will you call your dishes?
- What ingredients will you put in them?

When picking what you want to serve in your restaurant, make sure you think about each dish's nutritional value. How are you going to promote healthy eating in your restaurant? Do your dishes have:

- Proteins
- Fats
- Carbohydrates
- Fruits
- Veggies
- Meats
- Dairy products
- Grains

Feel free to use the space below to brainstorm ideas about your restaurant.
Bon Appetite!

Thanks for eating at my restaurant!
Here's a little more about it:

I named my restaurant _____ and gave it a _____ theme.
It is _____ cuisine because _____

_____ I included all of my favourite appetizers, main course dishes, desserts and drinks.

I hope you enjoyed the dishes served, see you next time!

WELCOME TO

_____ CUISINE

ESTABLISHED 2020

APPETIZERS

An appetizer is a small dish that comes before the main course. Pick three appetizers made of veggies, grains or dairy products to fill your menu. Make sure to include the ingredients under your appetizer name.

Appetizer 1

Appetizer 2

Appetizer 3

MAIN COURSE

The main course is the highlight of your meal. It is also the biggest portion and usually includes something from each of the four food groups. Pick two dishes to be your main course. Make sure to include everything that makes up the dish under the meal's name.

Main course 1

Main course 2

DESSERTS

Desserts are sweet treats served after a meal to finish off a great evening. They are typically made of fruit, sugar and chocolate. Pick 2 desserts to fill your menu, make sure to list your ingredients under your dessert name.

DRINKS

Drinks are served alongside a meal to accompany the food. List a few of your favourite drinks as part of your menu. Make sure to include both hot and cold options.

Draw a picture of you friends and family eating at your restaurant. Include drawings of your appetizers, main course meals, desserts and drinks.

