

Reflection

Use this space to write about what you have learnt and the things that you found difficult. Was there anything that surprised you when you were looking at the different aspects?

Will this change the types of restaurants you eat in or the food you order?



Healthy Restaurant Challenge

Student Name _____

Starter Activity - Quick Quiz

How many different restaurants can you think of in 2minutes?

1	11
2	12
3	13
4	14
5	15
6	16
7	17
8	18
9	19
10	20

From your list highlight the ones you would consider as serving healthy food.

Activity 1 - How healthy are restaurants?

Using one of the restaurants you have listed, have a look online and download a menu. Can you find out the nutritional value of a sample of dishes and complete the table below?

Starter						
Kcal	Fat	Carbohy- drates	Fibre	Salt	Sugar	Protein
Main Course						
Kcal	Fat	Carbohy- drates	Fibre	Salt	Sugar	Protein
Dessert						
Kcal	Fat	Carbohy- drates	Fibre	Salt	Sugar	Protein

Do you think the menu provides a healthy balanced meal (you may have to check the Eatwell Guide for this.) Are there any food types that are missing? Could some of the foods be changed to make the meal healthier?

Activity 6 - Budgeting for your restaurant

Use the price list to help you calculate the cost of setting up your restaurant based on your designs.

Be careful not to over spend! **Your total budget is £5,000!**

Price List			
Wages for staff	£500	Counter top for the bar	£100
Table	£50	Till	£100
Chair	£20	Serving tray	£1.50
Light	£25	Advertisement	£100
Large dinner plate	£2	Logo decoration for wall	£100
Small side plate	£1	Logo design for window	£50
Bowl	£1	Restaurant signage	£250
Desert plate	£1	Internal signage	£30
Knife, fork, spoon set	£2.50	Picture for wall	£30
Glass, cups, mugs	50p	Plant and pot	£10
Salt and pepper for 1 table	50p	Oven and grill	£200
Napkin	50p	Fridge and freezer	£200
Place mat	50p	Pans	£50
Table Cloth	£2	Bowls for kitchen	£30
Menu	50p	Cutlery for kitchen	£20
Uniform for staff	£50	Cooking utensils – measuring spoons, sieves, scales etc	£50
Aprons for waiting staff	£10	Chef aprons	£10

Activity 5 - Designing the interior of your restaurant

Draw a plan of your restaurant, thinking about how you would like to set it out.

Some things you might like to consider:

- What would the tables and chairs look like and how would they be positioned? How many would you have?
- Where would the kitchen, bar, toilets and customer waiting area be?
- What decoration would you have? Think about lights, pictures, decorations, colours, etc?

Interior Design Ideas -

Activity 2 - Create your own healthy restaurant menu

Use the Eatwell Guide to design your own menu, which should include 3 of each - starter, main course and dessert. Have a think about how you might like to present this and how you would cater for vegetarians, vegans, etc.



Menu Ideas -

Activity 3 - Create your restaurant logo

Decide on the name of your healthy restaurant and design a logo
Think about font, colour, size and background of your design.

Remember you need to persuade people to come and eat at your restaurant, so the name needs to be memorable and the logo eye-catching.

Logo Ideas -



Activity 4 - Advertising your restaurant

Create an advert to promote the grand opening of your restaurant.
Think about using your logo, persuasive language, special offers - perhaps a money off voucher?

Remember your aim is to 'sell' your restaurant to people and get them to visit!

Advert Ideas -

