NUTRITION PROJECT

Work with your group to create a MENU for the newest restaurant in town!!

ALL FOOD MUST BE HEALTHY! (whole grains, natural ingredients, fruits and vegetables, etc)…choose foods that you like to eat, and modify them to make a healthier version

MENU REQUIREMENTS:
*Cover—creative and colorful… include name of restaurant, your names and period
*Slogan—a phrase that describes the type of food and atmosphere (on the cover)
*Theme of your restaurant. The theme should carry through the entire menu, especially in menu item names and pictures.

Groups of 1 or 2:
-Please include TYPED descriptions for 9 menu items:
  3 appetizers
  3 entrees
  3 desserts

Groups of 3 or 4:
-Please include TYPED descriptions for 12 menu items:
  4 appetizers
  4 entrees
  4 desserts

-For EACH menu item, type a paragraph that includes the following:
  *main ingredients/how food is cooked or prepared
  *portion size
  *flavor description…use lots of adjectives!
  *price
  *nutritional highlights (vitamins and nutrients)...should blend into paragraphs and NOT be number specific (what is the food high and low in?)
Do NOT include # of calories, # of fat grams, etc.
Do NOT include a recipe!
THIS IS THE MOST IMPORTANT PART OF THE PROJECT!!!

*please include a photo of each menu item

Extra credit (10 pts): On the due date, make one food item from your menu and bring in samples for everyone in class (including plastic utensils, plates, etc).
NUTRITION PROJECT (MENU)
GRADING RUBRIC

NAME(S):

Menu includes all required components: (5 pts each)
Cover with your name/period and restaurant name. _____
Cover with slogan and picture with theme. _____
(Groups of 1 or 2) 3 appetizers, 3 entrees, 3 desserts _____ /25 pts.
(Groups of 3 or 4) 4 appetizers, 4 entrees, 4 desserts _____
Bibliography page (3 sources). _____

Each menu item includes the following: (5 pts each)
main ingredients/how food is cooked or prepared. _____
portion size _____
flavor description _____ /30 pts.
price _____

nutritional highlights/ vitamins and nutrients
(10 points) _____

Appearance of menu: (5 pts each)
TYPED _____
Colorful and creative _____
Includes a photo with each menu item _____ /20 pts.
High level of effort is displayed _____

TOTAL: _____
75
MENU OUTLINE

A few hints:

How food is cooked: baked, sauteed, roasted, grilled

Portion size: ounces, large plate, small bowl

Flavor description: sweet, salty, crispy, spicy

Nutritional info: protein, calcium, antioxidants, lycopene, omega 3 fatty acids, vitamins, folic acid, etc.

Appetizer #1

Main ingredients/how food is cooked

______________________________

______________________________

Portion size

______________________________

Flavor description

______________________________

Price

______________________________

Nutritional info

______________________________

Appetizer #2

Main ingredients/how food is cooked

______________________________

______________________________

Portion size

______________________________

Flavor description

______________________________

Price

______________________________

Nutritional info

______________________________

Appetizer #3

Main ingredients/how food is cooked

______________________________
Entrée #3
Main ingredients/how food is cooked

Portion size
Flavor description
Price
Nutritional info

Entrée #4
Main ingredients/how food is cooked

Portion size
Flavor description
Price
Nutritional info

Dessert #1
Main ingredients/how food is cooked

Portion size
Flavor description
Price
Nutritional info
Dessert #2
Main ingredients/how food is cooked

Portion size

Flavor description

Price

Nutritional info

Dessert #3
Main ingredients/how food is cooked

Portion size

Flavor description

Price

Nutritional info

Dessert #4
Main ingredients/how food is cooked

Portion size

Flavor description

Price

Nutritional info