

# Be a Restaurant Entrepreneur

## Objective of Activity

To have students use their meal planning skills to plan a menu for a restaurant or school cafeteria.

## Teacher Background Information

- Canada's Food Guide  
<https://food-guide.canada.ca/en/>

## Material Required

- Poster board, construction paper, pencil crayons, glue, etc.; or
- Using a computer create a PowerPoint with slides.

## Instructions

1. Divide students into small working groups of three to four students.
2. Ask students to include meals appropriate for breakfast, lunch, and supper. They may want to design their menu in these different sections.
3. Tell students to think of a catchy name for their food establishment. They may also want to think of some delicious-sounding names for some of their feature items.
4. Have the groups plan their menus and then present their restaurant to the rest of the class. Remind students that they need to use Canada's Food Guide to help plan their menus.
5. Ask the class to provide feedback on:

• the restaurant name	• availability of vegetables and fruit
• names of menu items	• number of healthy choices
• appealing combinations of food	• use of Canada's Food Guide