

Healthy Eating Restaurant

You will need:

- 2-3 menus from local restaurants (make enough copies of each menu for all students)
- Chart paper
- Markers

Directions:

1. Split the class into small groups of 4-5 students.
2. One student from each group will act as the waiting staff who will take the orders of the other students in their group.
3. After students in each group have given their food orders to the waiting staff, have them evaluate if their menu choices were healthy or unhealthy.
4. After evaluating their menu choices, have each group mindmap and write the best healthy food alternatives from the menu on chart paper.

