

**CREATE
A HEALTHY FOOD
RESTAURANT**

- Workshop -

- **PAGE 3** - A lesson plan
- **PAGE 8** - A worksheet “7 steps to success”
- **PAGE 9** - A worksheet “Smoothie recipe”
- **PAGE 10** - Our restaurants’ plans
- **PAGE 14** - Our book of recipes
- **PAGE 18** - Pictures from our workshops



LESSON PLAN

START YOUR OWN RESTAURANT

OVERVIEW

The students examine the role of a restaurant owner and become aware of the many people needed to successfully operate a restaurant. They identify the difference between a consumer and a producer.

OBJECTIVES:

The students will

- ▶ understand the decisions necessary to start a restaurant
- ▶ identify jobs within the restaurant business
- ▶ recognize the connection between producers and consumers
- ▶ create a recipe card

Time

40 minutes

PRESENTATION

Get to know the students. Tell them your name and what you do and where you work. Tell them something special about yourself and something special you remember about your first years in school. Give an example of how school has made difference in your life.

Ask the students if they know what the word **consume** means. (*Consume* means to buy or use goods and services).

Next, explain the word **consumer**. Ask the students if they think the meaning of the word has changed. Have everyone say the word “consumer” together. Remind the students that a consumer is a person who uses or buys goods and services.

Ask the students if they know what the word **produce** means. (*Produce* is another word for make)

Next, explain the word **producer**. Ask the students if they think the meaning of the word has changed. Have everyone say the word “producer” together. Remind the students that a producer is a person who makes goods for us to buy.

Ask, “In a restaurant who produces the foods you like to eat?” (*The restaurant workers*)

Explain the students that many workers are needed in a restaurant. Choose a few jobs. Ask the students if anyone can tell you what each person does.

► *Baker* – bakes breads and pastries; ► *Cashier* – collects the money; ► *Chef* – supervises cooks and prepares food; ► *Cook* – prepares food ; ► *Dishwasher* – washes dishes; ► *Waiter* – takes orders and serves food; ► *Manager* – responsible for the operation of the restaurant

Explain that each of these people has a special job, but together they make the restaurant a success.

To help students better understand the role of restaurant workers, ask:

▶ Why does a city need restaurants? (*Cities need a lot of restaurants because people like to eat the different types of food prepared in restaurants*).

▶ Why do we need all of these special people? (*It takes a lot of special skills to prepare and serve food*)

Ask the students, What is the name of your favourite restaurant? What is your favourite kind of food?

Tell the story of McDonald's

There are many restaurants in the world, but probably the most famous is McDonald's. McDonald's has more than 34,000 restaurants around the world in 119 countries, and they serve about 68 million consumers every day. The story of McDonald's began in 1940 when two brothers, Richard and Maurice ('Mac') McDonald opened a new restaurant called 'McDonald's Famous Barbeque'. It was a successful business, but the brothers wanted to sell more food and make more money, so in 1948 they made some changes. For example, they tried a new way to cook and serve food faster – and McDonald's became one of the first fast food restaurants in the world. In addition, they made the menu simpler: hamburgers, cheeseburgers, sodas, and milkshakes. In 1954, a man called Ray Kroc joined the company and later bought it for 2.7 million dollars. The company is now worth many billions of dollars. There is a McDonald's museum that is located in San Bernardino, California where the first McDonald's was built.

Explain that cities have many restaurants because consumers like to eat many different types of foods.

Then ask

▶ How many of you would like to open a restaurant?

Tell the students that today they are going to learn about one of the businesses in a city – *restaurant*. Explain that they will have a chance to be restaurant owners and make decisions that are important to their restaurant's success.

Distribute the Steps to Success worksheets. Then, read directions aloud to the students. You can help students make their decisions by phrasing each step as a question. Students will follow 7 step-guide to successfully start their new restaurant.

7 STEPS TO SUCCESS

Step 1: The location for my restaurant will be – Ask the students: *Do you want the restaurant downtown, in a mall, or in a neighborhood?*

Step 2: The time of day my restaurant will serve meals will be.....-Ask the students: *Do you want to serve just breakfast, just lunch and dinner, or all meals and when to eat breakfast, lunch and dinner?*

Step 3: The type of food in my restaurant will be....-Ask the students: *Do you want to serve Italian, Mexican, Macedonian, American, Spanish, Polish, or Chinese food? Something else?*

Step 4: The type of music in my restaurant will be.... - Ask the students: *Do you want recorded music (radio, CDs....), or live performances? If live, a band, piano or guitar music?*

Step 5: The worker I will hire will be... - Ask the students: *Who is the first person you should hire?*

Step 6: The name of my restaurant will be.... - Ask the students: *What do you want to name your restaurant?*

Step 7: Advertise your restaurant... - Ask the students: *How will you advertise/promote your restaurant (Use social media, create Facebook, Twitter, Instagram account to share news, photos of your restaurant; build an attractive website, radio ads...*

Once the students have finished their worksheets, have each group present their ideas.

After the presentation, explain to the students they will be creating their own healthy fruit smoothies recipes.

Tell the students

- ▶ Smoothies are an ideal snack for growing kids.
- ▶ I had the ingredients for our rainbow smoothie- one ingredient for each color (*strawberries, oranges, bananas, spinach, blueberries*).
- ▶ Let's create magic healthy fruit smoothies recipes!
- ▶ Write down your individual recipe on the recipe card.
- ▶ While selecting your ingredients think about what fruit you will add to the smoothie design idea
- ▶ Name your smoothies (ideas: *Tropical Smoothies, Kiwi Banana Apple Smoothie, Wake Me Up Smoothie, Tropical Sunshine Smoothie, Super Power Purple Smoothie,*

Then, we will be making a recipe book with everyone's own fruit smoothie.

After the students finish, congratulate them on a job well done.

- ▶ Congratulations on deciding to open your own restaurant!

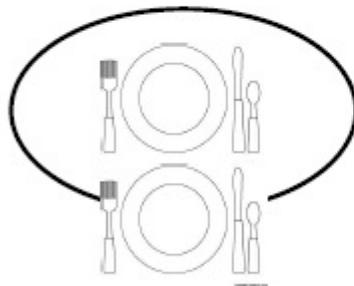
Tell the students you have enjoyed being with them.



Erasmus+

Young Entrepreneurs at School

7 STEPS TO SUCCESS



1. The **LOCATION** of the restaurant will be:

2. The **TIME** for meals will be:

3. The type of **FOOD** will be:

4. The type of **MUSIC** will be:

5. The first **EMPLOYEE** will be:

6. The **NAME** will be:

7. Advertise your restaurant on:

Name: _____



SMOOTHIE RECIPE

NAME OF THE SMOOTHIE



INGREDIENTS

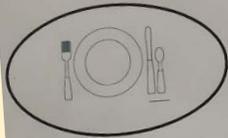
DIRECTIONS

Students' names



Young Entrepreneurs at School

7 STEPS TO SUCCESS



The LOCATION of the restaurant will be: City center

2. The TIME for meals will be:

lunch - 14:00 - 17:00
dinner - 19:00 - 22:00

3. The type of FOOD will be: Italian food

4. The type of MUSIC will be: CD

5. The first EMPLOYEE will be: COOK

6. The NAME will be: "Bella"

7. ADVERTISE our restaurant on: Instagram



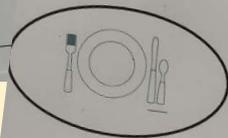
Congratulations!!!
You are well on your way
to starting
your own restaurant!

Name: Nenad Janinevski; Tago Centa; Atanas Atanasovski; Pavao Adamcic



Young Entrepreneurs at School

7 STEPS TO SUCCESS



1. The LOCATION of the restaurant will be: city center

2. The TIME for meals will be:

breakfast 7:30 - 10am
lunch 10am - 3pm
dinner 3pm - 10:30pm

3. The type of FOOD will be: American

4. The type of MUSIC will be: Country Music

5. The first EMPLOYEE will be: Cook/Chef

6. The NAME will be: Texas fast food

7. ADVERTISE our restaurant on: Social Media, radio

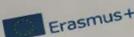


Congratulations!!!
You are well on your way
to starting
your own restaurant!

Name: Martina, Jana, Diana, Michal



Young Entrepreneurs at School



7 STEPS TO SUCCESS



1. The LOCATION of the restaurant will be:

centre of Skopje

2. The TIME for meals will be:

breakfast 7am - 12am
lunch 1pm - 5pm
dinner 7pm - 12pm

3. The type of FOOD will be:

live music

4. The type of MUSIC will be:

managers, chef, waiter, washers

5. The first EMPLOYEE will be:

Macedonian traditional food

6. The NAME will be:

"Macedonian dream"

7. ADVERTISE our restaurant on:

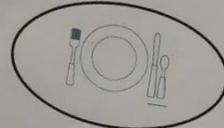
facebook, instagram, website



Young Entrepreneurs at School



7 STEPS TO SUCCESS



1. The LOCATION of the restaurant will be:

in the center of the city

2. The TIME for meals will be:

2pm - 11pm

3. The type of FOOD will be:

greek and italian

4. The type of MUSIC will be:

jazz music

5. The first EMPLOYEE will be:

chief, cooker, waiter, baker

6. The NAME will be:

food is good

7. ADVERTISE our restaurant on:

TV and social media



Name: LENA, Nidia, Iva, Ivana :)



Young Entrepreneurs at School

7 STEPS TO SUCCESS

The LOCATION of the restaurant will be:

CENTER

2. The TIME for meals will be:

ALL MEALS

3. The type of FOOD will be:

ITALIAN

4. The type of MUSIC will be:

POP MUSIC

5. The first EMPLOYEE will be:

MANAGER

6. The NAME will be:

ANPASAYA

7. ADVERTISE our restaurant on:

INSTAGRAM



Congratulations!!
You are well on your way
to starting
your own restaurant!

Name: ANDREA, PAULA, MATEA, SARA



Young Entrepreneurs at School

7 STEPS TO SUCCESS

1. The LOCATION of the restaurant will be:

city center

2. The TIME for meals will be:

all day
8.00am - 10.00pm

3. The type of FOOD will be:

traditional food

4. The type of MUSIC will be:

live band one day a week

5. The first EMPLOYEE will be:

COOK

6. The NAME will be:

Y.E.S

7. ADVERTISE our restaurant on:

Social media



Congratulations!!
You are well on your way
to starting
your own restaurant!

Name: Pranka N, Martina C, Isabel C, Julia P.



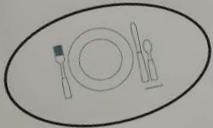







Young Entrepreneurs at School

7 STEPS TO SUCCESS



- The LOCATION of the restaurant will be: Center of Paris
- The TIME for meals will be:
 - Breakfast = 08:00-11:00
 - Lunch = 12:00-16:00
 - Dinner = 18:00-21:00
- The type of FOOD will be: French
- The first EMPLOYEE will be: Band
- The NAME will be: Flamingo
 Baker, cashier, chef, cook, dishwasher, waiter, manager
- ADVERTISE our restaurant on: Website


 Congratulations!!!
 You are well on your way to starting your own restaurant!

Name: Anastasija, Viktorija, Erica, Ivana








Young Entrepreneurs at School

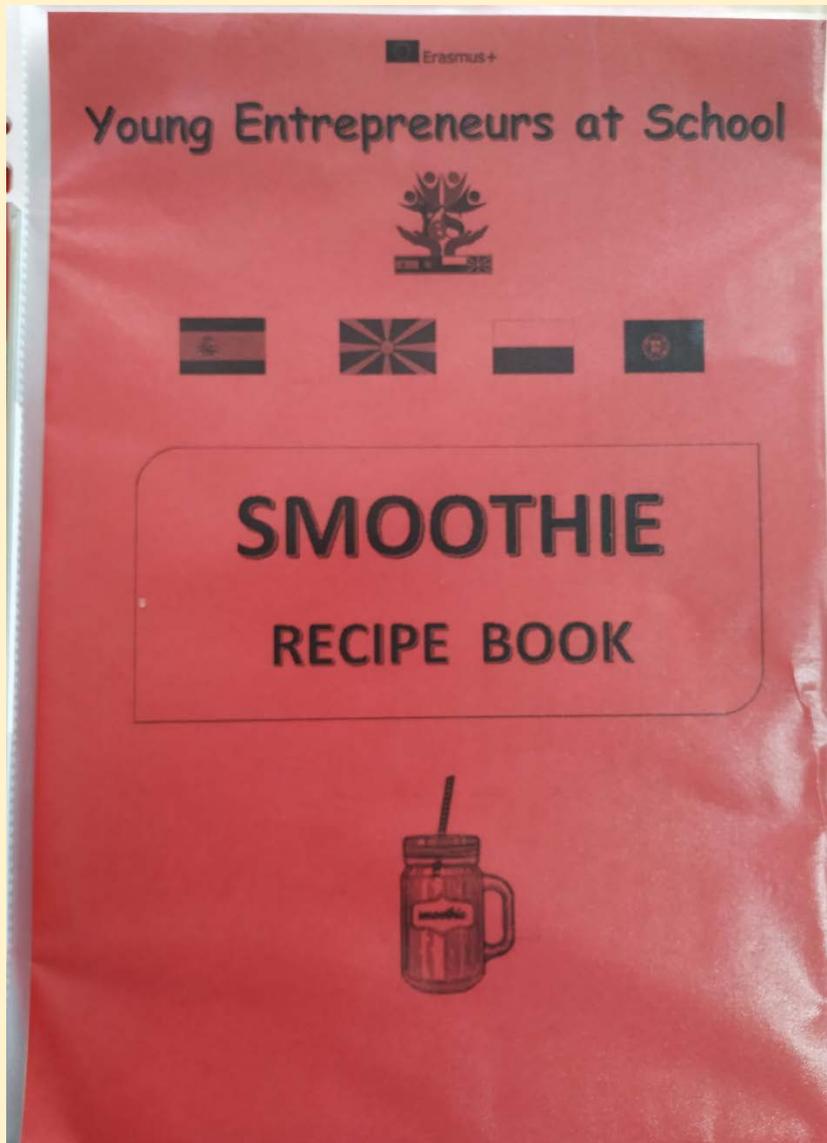
7 STEPS TO SUCCESS



- The LOCATION of the restaurant will be: Manhattan
- The TIME for meals will be: all day
- The type of FOOD will be: international
- The first EMPLOYEE will be: chef
- The NAME will be: classico
- ADVERTISE our restaurant on: instagram


 Congratulations!!!
 You are well on your way to starting your own restaurant!

Name: Izabela, Alice, Mateja, Anastasija



SMOOTHIE RECIPE

The smoothiest smoothie

NAME OF THE SMOOTHIE

INGREDIENTS:

- 4 strawberries
- 1 banana
- 2 apples
- 1 yoghurt
- 1 milk
- 5 seeds



DIRECTIONS:

Put 4 strawberries and 1 banana after that 2 apples, 1 yoghurt and 1 cup of milk. Then 5 seeds. Then mix that and you will get the smoothie.

Students' names:
Teacher, Patricia Acher

SMOOTHIE RECIPE

RED FRUIT SMOOTHIE
NAME OF THE SMOOTHIE



INGREDIENTS:

rasberries
yogurt
strawberries
blueberries

DIRECTIONS:

Put all of the fruits in the blender. Blend. Then put the yogurt and blend again. After everything is blended put the smoothie in a big glass and put strawberries, blueberries and raspberries on top.

Student's names:

Sara, Paula, Maken, Andrea

SMOOTHIE RECIPE

Super power smoothie
NAME OF THE SMOOTHIE



INGREDIENTS:

- Banana - Water
- Strawberry - ice
- Blueberry
- Raspberry
- Pomegranate
- Watermelon

DIRECTIONS:

+ 1 banana
+ 5 strawberry
+ 3 blueberry
+ 8 raspberry
+ 1 Pomegranate
+ 1 watermelon
+ small water

Student's names:

Amadaya, Victoria, Erica, Diana

SMOOTHIE RECIPE

Strawberry smoothie
NAME OF THE SMOOTHIE



INGREDIENTS:

strawberries, banana, yogurt,
sugar

DIRECTIONS:

Take 10 strawberries and 1 banana, wash them and mix them with yogurt and a little bit sugar.

Student's names:

Kaja, Filip, Teodora, Rachel

SMOOTHIE RECIPE

Fresh smoothie
NAME OF THE SMOOTHIE



INGREDIENTS:

- a cup of milk
- one banana
- five strawberry
- two peach
- one kiwi
- half a lemon

DIRECTIONS:

You put it all in the blender.
First you add the fruit, mixed a little bit and then
you add the milk. And it's ready to serve.

Students' names:

Andrés, Tony, Cristian, Pablo, Alonso

SMOOTHIE RECIPE

Balesberry Smoothie
NAME OF THE SMOOTHIE



INGREDIENTS:

- bananas
- milk
- honey
- apples
- lemon
- strawberry

DIRECTIONS:

Cut the bananas, apples, lemon and strawberries on
small pieces and put them in a blender. Then add
milk and honey and get a little bit ice on them.
Put on the blender, mix and after that you have a
delicious smoothie!

Students' names:

Julia P, Isabel C, Martina C, Branka N

SMOOTHIE RECIPE

Superpower smoothie

NAME OF THE SMOOTHIE



INGREDIENTS:

milk/water
1 orange, limon, carrot, apple
curcuma
honey

DIRECTIONS:

Put one orange, one limon, carrot and apple
in a blender. Then put 1 cup of water, 1 spoon of
curcuma and honey. And you're done!

Students' names:

Risa, Siska, Andriana, Nafisa

SMOOTHIE RECIPE

Rise And Shine

NAME OF THE SMOOTHIE



INGREDIENTS:

lemon, banana, kiwi, mango
orange, milk, spinach, 3 tablespoons of
sugar, 1/2 water, ice, coconut milk

DIRECTIONS:

- Blend the lemon, banana, kiwi and then add some
milk
 - After blending the ingredients add a mango, ^{spinach} ~~orange~~, and
all ^{some} water, and sugar
 - After that mix everything together and add some
coconut milk and ice cubes.
- Enjoy! ☺

Students' names:

Martina, Jana, Diana, Michal

SMOOTHIE RECIPE

Monkey Smoothie

NAME OF THE SMOOTHIE



INGREDIENTS:

two bananas
1 cup of milk
1/2 cup of yogurt
~~the sugar~~
fruit strawberry

DIRECTIONS:

We put all the ingredients in
a bowl and then we mix it with
a blender

Students' names:

Maria Permana, Bantik, Belsuki, Anjani, Triandri,
Intak, Rautogli

Guests to our workshops -the Mayor, representatives from USAID, MCGO, MIO





