

# Create Your Own Healthy & Sustainable Restaurant

Name: \_\_\_\_\_

Group Members: \_\_\_\_\_

Date: \_\_\_\_\_

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## 1. Restaurant Name & Theme

What is your restaurant called?

\_\_\_\_\_

What is the theme or style of your restaurant?

(Examples: garden café, ocean-friendly food bar, zero-waste diner...)

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\_\_\_\_\_

\_\_\_\_\_

## 2. Logo Design

Draw your restaurant logo in the box below.

\_\_\_\_\_

## 3. Menu Creation

Create **3–6 healthy, sustainable menu items**.

Include:

- A healthy ingredient or food group
- A sustainable feature (local, seasonal, low-waste, eco-friendly, etc.)
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| Menu Item | Healthy Features | Sustainable Features |
|-----------|------------------|----------------------|
| 1.        |                  |                      |
| 2.        |                  |                      |
| 3.        |                  |                      |
| 4.        |                  |                      |
| 5.        |                  |                      |
| 6.        |                  |                      |

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## 4. Sustainability Practices

Choose at least **three** sustainable practices your restaurant will use.  
Tick the ones you choose and write a short explanation.

☐ **Use local or seasonal ingredients**

Why? \_\_\_\_\_

☐ **Reduce food waste / compost scraps**

Why? \_\_\_\_\_

☐ **Use eco-friendly packaging**

Why? \_\_\_\_\_

☐ **Recycle and reuse materials**

Why? \_\_\_\_\_

☐ **Grow some food on site (herbs, vegetables, etc.)**

Why? \_\_\_\_\_

☐ **Energy-efficient cooking and lighting**

Why? \_\_\_\_\_

Other ideas: \_\_\_\_\_

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## 5. Restaurant Layout (Optional)

Draw a simple layout or floor plan for your restaurant.  
Think about: eating area, kitchen, compost bin, garden, waste stations.

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## 6. Final Reflection

Answer the questions below:

1. **How does your menu help people make healthy food choices?**

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2. **How does your restaurant help care for the environment?**

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3. **What was something your group worked well at?**

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