Create Your Own Healthy & Sustainable Restaurant

Name:
Group Members:
Date:
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)
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.)
- •
- •
- •

Menu Item	Healthy Features	Sustainable Features	
1.			
2.			
3.			
4.			
5.			
6.			

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:	

5. Restaurant Layout (Optional)

Draw a simple layout or floor plan for your restaurant.

Think about: eating area, kitchen, compost bin, garden, waste stations.

6. Final Reflection

Answer the questions below:

1.	How does your menu help people make healthy food choices?
2.	How does your restaurant help care for the environment?
3.	What was something your group worked well at?