

7th NPA Final Project

1. You need to watch the following video on Discovery Education...
 - <https://app.discoveryeducation.com/learn/videos/7064adbc-cea5-4256-85a3-ff089a345509?hasLocalHost=false>
 - i. MyPlate: Guidelines for Healthy Living
2. You are going to create a menu for a restaurant that you are creating...
 - Your restaurant has to be a healthy restaurant
 - What your menu has to have
 - i. Creative Name and picture on the first page
 - ii. Appetizers/Starters = 3 appetizers
 - iii. Entrees = 6 entrees (you must have 1 vegetarian option)
 - iv. Sides = 5 sides
 - v. Drinks = 3 drinks
 - vi. Desserts = 3 desserts
 - For every item on your menu you have to have the following information
 - i. ingredients list and description of your item
 - ii. how it is cooked
 - iii. calories, fat, and sodium amounts
 - iv. Cost of your item
 - There needs to be 5 pictures on your menu

Here are some links you can use for information on food...(you are not limited to these link

1. <http://www.myrecipes.com/healthy-diet/calorie-counts>
2. <http://www.eatingwell.com/>
3. <http://www.epicurious.com/special-consideration/healthy>
4. <https://www.nutrition.gov/shopping-cooking-meal-planning/recipes>
5. <http://www.diabetes.org/mfa-recipes/recipes/>