

Group Members:

Point: /150

Purpose: To develop an understanding of different dietary needs.

Directions: Your group will be responsible for developing a menu for a specific dietary sub-group using the following guidelines.

- The class will be divided into 6 groups; each group will be assigned one of the following groups:
 - Diabetic
 - Heart healthy
 - Gluten-free
 - Vegetarian
 - Elderly
 - Lactose-free
- Research the specific dietary needs, including vitamin and mineral needs and calorie specifications; of the group you are assigned.
- Create a menu that includes the following:
 - restaurant name and hours, and a brief description of your specialty group (define)
 - at least 5 breakfast items to choose from, including the name of the dish and a brief description of what is in it/how it's made and price
 - at least 5 lunch items, with name and description with a price
 - at least 5 supper items, with name and description with a price
 - at least 5 dessert items, with a name and description with a price
 - at least 5 sides/appetizers, with a name and description with a price
 - at least 5 drink choices with prices
- Your group is responsible for creating and printing your menu
- Attach copies of all recipes with your menu, copy and paste several to a page to save paper (may organize in a folder or binder)
- Your group will then make two of the items from your menu as a lab, one main dish and one dessert, side, or beverage
- Your group will be graded on participation, providing adequate nutrition and meeting the needs of your specialty group, providing recipes, and your menu containing all the above items
- Lab will be Wednesday and Thursday of this week, your group must turn recipe and grocery list into Mrs. Erb by Monday, March 14th
- Menu project due next Tuesday, March 15th**