



HEALTHY
RESTAURANT

MEAL ON A
BUDGET



AREA OF STUDY 1

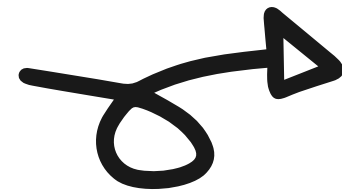
CONTEMPORARY AND FUTURE ISSUES



- Current trends in food consumption and production within the food and hospitality industry.
- Contemporary responses of the food and hospitality industry to changing eating patterns and nutritional knowledge of customers.

THE TOPIC

Brief Introduction



Heading out for a budget night out may once have necessitated making a beeline for the Tuesday night schnitzel special at the local establishment. These days the move towards shared dining, along with a focus on healthier food trends, such as quinoa, kale, and oat milk has seen many high-end restaurants offering affordable, healthy options.



WATCH THIS VIDEO



THE TASK:

As an individual you are to create a healthy and nutritious restaurant quality meal for two, showcasing an on trend 'healthy' ingredient.

You will have a budget of \$20 and will need to consider, serving size, cooking and preparation time and availability of ingredients.

THE ASSIGNMENT HAS 3 PARTS



Action Plan

500 words

- including costing table

Practical

Double Lesson (may use previous lesson from prep)

Photo Evidence

- efficient organisation and management of time and resources.
- application of safe food-handling and management practices.

Evaluation

500 words

- explanation of the connections between research and/or planning, and practical application.
- evaluation of contemporary trends and/or issues related to food and hospitality in a variety of settings.



ACTION

500 WORDS

PLAN



TASK:

Write a brief description of the task.

FACTORS



Factor 1

Factor 2

Factor 3

Factor 4

FACTORS



Factor 1

Restaurant quality (sophisticated, appropriate serving sizes, plating techniques)

Factor 2

Showcase a contemporary health food trend

Factor 3

Be healthy and nutritious

Factor 4

2 serves be within a budget of \$20

DECISION:

Make and state your decision

JUSTIFICATION



Justification 1

How is your dish restaurant quality or appropriate?

Justification 2

How does the dish showcase a contemporary health food trend?

Justification 3

How is the dish healthy and nutritious?

Justification 4

How is the dish cost effective?

IMPLEMENTATION STRATEGIES

possible examples:

- mise en place
- food ordering
- seasonal produce
- mention of the costing table
- research of contemporary food trends
- consideration of the effect of COVID19



THANK YOU FOR JOINING TODAY'S CLASS.

Let me know if you have any other questions

