**Welcome to Day 21 of Online Learning ☺ - Thursday, May 7th, 2020**

Good morning! ☺

**Morning Work:**

We will have our spelling test this morning. Please have the link pre-loaded and don’t forget to write your name ☺ <https://www.surveymonkey.com/r/5K3KGCL>

Get moving this morning using any of the links or activities I have provided in the past ☺ Would love to hear what you choose to do! Message me on Showbie if you like!

**Afternoon Work:**

Today, I am assigning your health project for healthy eating and nutrition. You will create your own restaurant menu that follows Canada’s New Food Guide: <https://food-guide.canada.ca/en/> - remember that you should provide lots of vegetable/fruit options and then some whole wheat and protein options as well.

Some things to think about:

* You could create your own Bento Box options or combo orders that provide pre-decided vegetable, protein, and whole wheat options (I want at least 5 different options of dishes) together to ensure your customers order healthy combinations
* In your menu, there needs to be names of dishes/foods and descriptions of what that includes (make your descriptions sound appetizing and exciting, explain why it is healthy – what vitamins/minerals/food groups are in it? Write this in a sentence under the food item) and don’t forget to add the price
* Use pictures to show your foods and make them look appealing for customers to eat
* Make sure you include only healthy foods according to the food guide – I am assessing you on your ability to cater your restaurant to the food guide
* Be creative with the layout of your menu and make it colourful – you might want to have an appetizers section, main meal, healthy dessert or other healthy food categories and you may decide to have a theme to your restaurant, etc.
* Please include the links to websites that you use to research why certain foods are healthy. For example, if I am offering a dish of spinach with blueberries, chicken, and whole grain rice – I would explain that spinach has lots of Vitamin C in it which is important for our body’s tissues, blueberries have anti-oxidants which help to get rid of free radicals in the body, chicken has protein for strong muscles, and whole grain rice provides fibre to help with digestion. Then, I would include the link to the website that I used.

**Also, remember that your rough copy of your story is due on Monday! Please submit to Story Writing Folder.**

**This healthy menu project will be due on Showbie by Wednesday, May 13th at 9:00 a.m.**