

## Year 1 IB SEHS

[Create a Healthy Restaurant Menu IB SEHS.docx](#)

In this project, students will apply their understanding of nutrition and performance by designing a restaurant menu tailored to support specific health and fitness goals. They will analyze macronutrients, energy needs, and dietary considerations to create balanced meals that enhance performance. This project encourages real-world application of course concepts while developing critical thinking and decision-making skills related to health and nutrition.

### Healthy Restaurant Menu -21 points

Design a restaurant menu that adheres to dietary guidelines, balances macronutrients and micronutrients, and promotes health and well-being.

#### Steps to Follow:

**1. Restaurant Theme:**

- Decide on the type of restaurant (e.g., Italian, plant-based, protein-focused, etc.).
- Ensure the restaurant's concept aligns with healthy dietary recommendations and guidelines.

**2. Research Nutritional Balance:**

- Review the IB SEHS standards on macronutrients and micronutrients:
  - **Macronutrients:** Carbohydrates (main energy source), proteins (growth and repair), and lipids (long-term energy storage).
  - **Micronutrients:** Vitamins and minerals that assist in energy transfer and tissue synthesis.
- Study food pyramid guidelines and dietary recommendations to ensure balanced menu choices.
- Each group member must record detailed notes, explaining how different foods contribute to maintaining health and physical activity.

**3. Draft Menu Choices:**

- Select **at least 3 appetizers, 4 main courses, and 3 desserts** for the menu.
- Ensure dishes cater to a variety of nutritional needs (e.g., high-protein options, fiber-rich meals, vitamin-packed side dishes).

#### Creation and Design:

**4. Balanced Menu Explanation:**

- Provide a brief description for each dish, explaining its macronutrient and micronutrient contributions. For example:
  - **Appetizer Example:** Spinach salad with walnuts and cranberries—rich in Vitamin C, iron, healthy fats, and fiber.
  - **Main Course Example:** Grilled salmon with quinoa and steamed broccoli—a perfect balance of lean protein, omega-3 fats, and antioxidants.
  - **Dessert Example:** Greek yogurt parfait with fresh berries—a good source of calcium, probiotics, and vitamins.
- 5. **Design a Restaurant Name and Logo:**
  - Create a name that reflects the restaurant's theme (e.g., "Nourish Kitchen" for health-focused dining).
  - Design a logo that aligns with the restaurant's vision (e.g., a vibrant green leaf for a plant-based restaurant).

### **Final Touches**

- 6. **Visual Presentation:**
  - Format the menu with creative titles for dishes, appealing descriptions, and a visually attractive layout.
  - Include a chart or table summarizing the macronutrient (carbohydrates, proteins, fats) and micronutrient (specific vitamins and minerals) contributions of each meal.
- 7. **Dietary Guidelines Integration:**
  - Ensure the menu aligns with recommended daily intake values for your target audience, considering age, gender, and activity level.
  - Discuss how each meal contributes to energy transfer, tissue synthesis, and overall balance.

### IB SEHS 12th Grade Balanced Diet Plan Assignment Rubric

Criteria	3 - Excellent	2 - Satisfactory	1 - Needs Improvement
<b>Restaurant Theme Alignment</b>	Restaurant concept is clearly defined and fully aligns with healthy dietary recommendations and IB SEHS standards.	Restaurant concept is defined and mostly aligns with healthy dietary recommendations with minor inconsistencies.	Restaurant concept is unclear or does not align with healthy dietary recommendations.
<b>Nutritional Research &amp; Notes</b>	Comprehensive research on macronutrients and micronutrients; detailed notes from all members explaining food contributions to health and physical activity.	Adequate research with some notes explaining food contributions; some group members lack detailed input.	Limited or inaccurate research; notes are incomplete or missing from several group members.
<b>Menu Selection &amp; Variety</b>	Menu includes at least 3 appetizers, 4 main courses, and 3 desserts; dishes cover a wide range of nutritional needs effectively.	Menu includes required number of dishes but variety in nutritional coverage is moderate or inconsistent.	Menu lacks required number of dishes and/or does not address nutritional variety needed.
<b>Balanced Menu Explanation</b>	Each dish has a clear, accurate explanation of macronutrient and micronutrient benefits linked to IB SEHS standards.	Most dishes have explanations but some lack clarity or accuracy regarding nutrient contributions.	Explanations are missing, unclear, or do not accurately reflect nutrient contributions.
<b>Restaurant Name &amp; Logo Design</b>	Creative and relevant restaurant name and logo that strongly reflect the restaurant theme and vision.	Name and logo relate to the theme but are somewhat generic or lack creativity.	Name and logo are missing, unrelated, or do not reflect the restaurant theme.
<b>Visual Presentation</b>	Menu is visually appealing with creative dish titles,	Menu presentation is neat with some creativity; nutrient	Menu is poorly presented; lacks creative

<b>&amp; Layout</b>	clear descriptions, and an informative nutrient chart or table.	chart/table is present but lacks detail or clarity.	elements or does not include a nutrient chart/table.
<b>Dietary Guidelines Integration</b>	Menu fully aligns with recommended daily intake values for the target audience; clear discussion of energy transfer, tissue synthesis, and overall balance.	Menu mostly aligns with intake values; discussion is basic but shows understanding of dietary balance.	Menu does not align with intake values; discussion of dietary guidelines is missing or inaccurate.