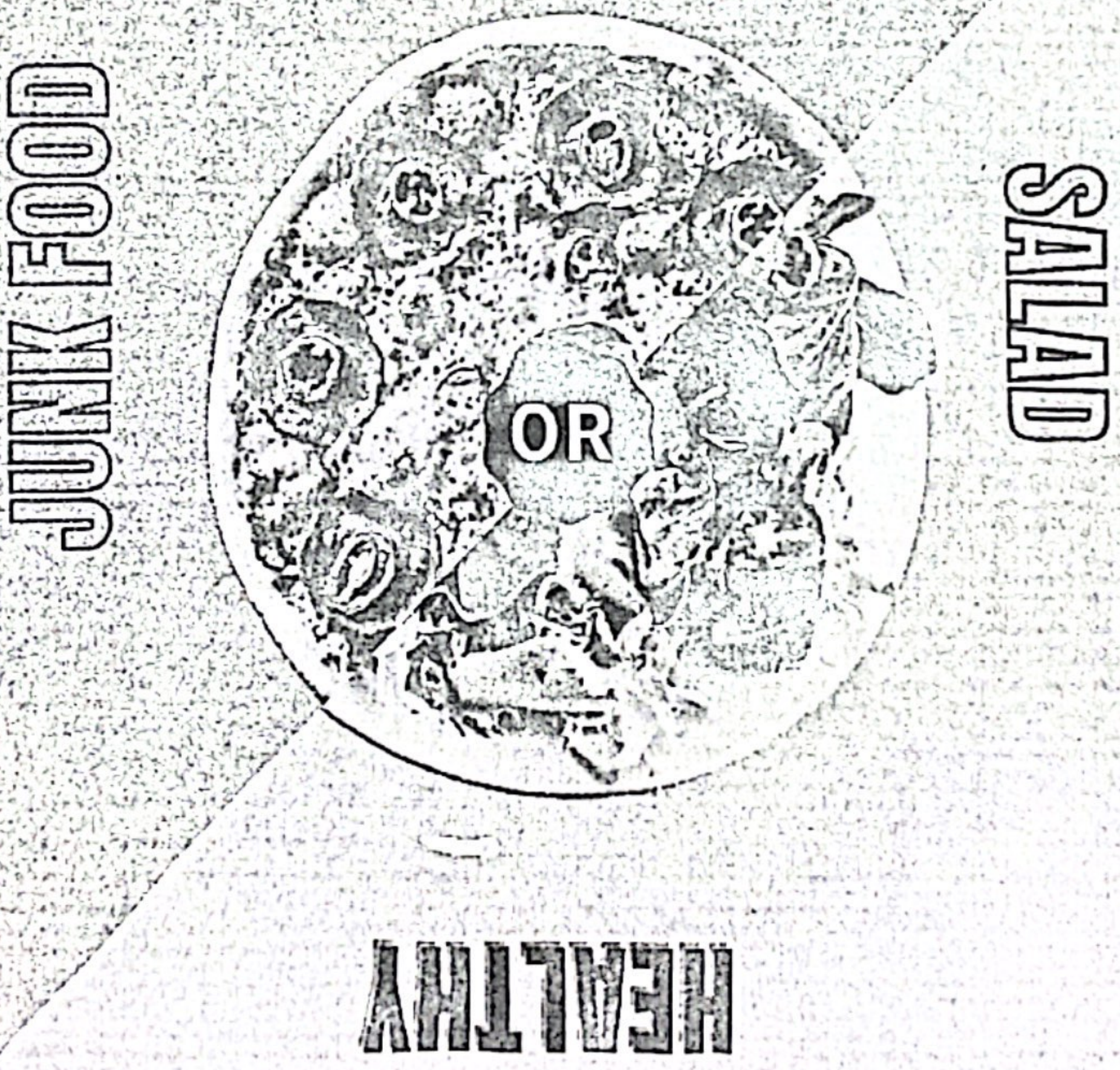
Name: Fong Leung Chin (12) Class: 4C

UNHEALTHY



HEALTHY

P.4 C Name: (Fong Leung Chin) (12)

CCTB Fast Food Shop

Menu

Set A
Healthy food

Starter
Roast chicken and arocado $48.8

Main Course
Steamed rice roll with egg and pork $81.2

Dessert
Stewed eggs $49

Total: $180

Set B
Food you like

Starter
Salad set $124

Ingredients
Vegetables

Main Course
Squid ink linguine $28

Ingredients
ink

Dessert
Mango cake $28

Ingredients
mango

Total: $180

Set C - _____
Food your partner likes

Starter
Ham and cheese sandwich $69

Main Course
Yang Zhou fried rice $71

Dessert
Mango pomelo sago $40

Total: $180

P.4C Fong Leung Chin (12)

Planning

You will design a set menu. Explore Foodpanda and design 3 sets of food (starter, main course and dessert), one set with healthy food, one set with your favourite food and one set with food your friend likes.

SET A (Healthy Food)

1. Brainstorm some starters.
2. Search the starters on Foodpanda.
3. Circle the starters you can find of Foodpanda, write the price next to the food item.

Roast chicken and avocado $48.8	Turkey, bacon and avocado $48.8	Roast chicken and avocado wrap $48.8.
Turkey, bacon and avocado wrap $48.8	Fried fish fillet brioche $89	Egg salad croissant $72

1. Brainstorm some main courses.
2. Search the main courses on Foodpanda.
3. Circle the main courses you can find of Foodpanda, write the price next to the food item.

Vegetarian steamed rice roll $24	Steamed rice roll with egg $27	Steamed rice roll with corn and $27
Steamed rice rice roll with pork $28	Steamed rice roll with beef $35	Steamed rice roll with egg and pork $81.2

1. Brainstorm some desserts.
2. Search the desserts on Foodpanda.
3. Circle the desserts you can find of Foodpanda, write the price next to the food item.

Sesame paste $30	Peanut paste $32	Stewed eggs $49
Red date cake $20	Huaishan cake $36	Double skin milk $30

Choose a starter, a main course and a dessert that you have circled which add to $180. Find out the calories.

Starter	Main Course	Dessert
Roast chicken and avocado	Steamed rice roll with egg and pork	stewed eggs
$ 48.8	$ 81.2	$ 49.
Kcal	Kcal	Kcal
		Total: $ 180