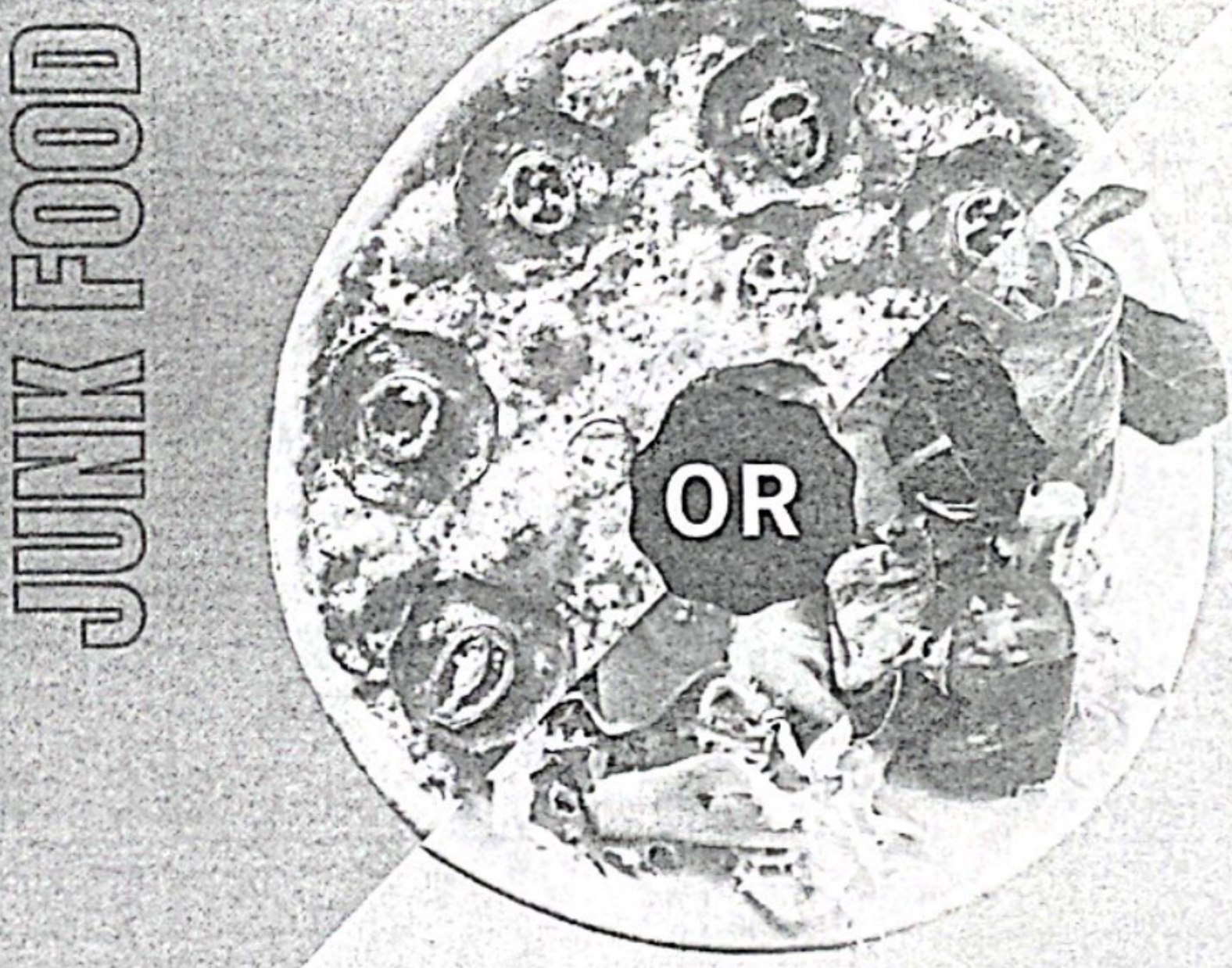
Name: Kaka (17) class: 4D

UNHEALTHY



HEALTHY

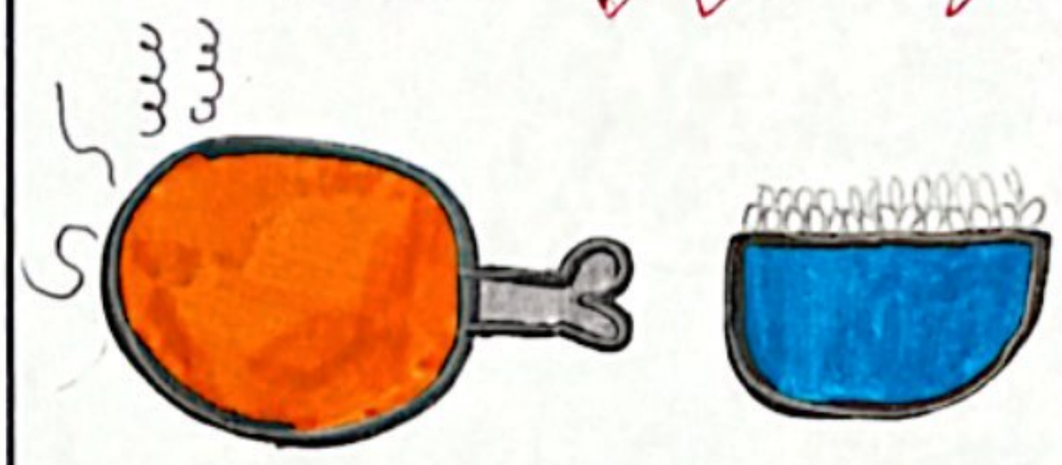
Kaka 4D (17)

Lunch Log

Record the lunches you have this week.

Monday

Chicken ~~and~~ rice ✓

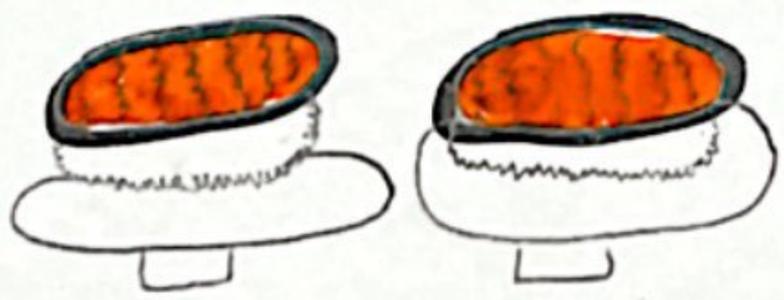


Tuesday

Onion Ring and rice ✓

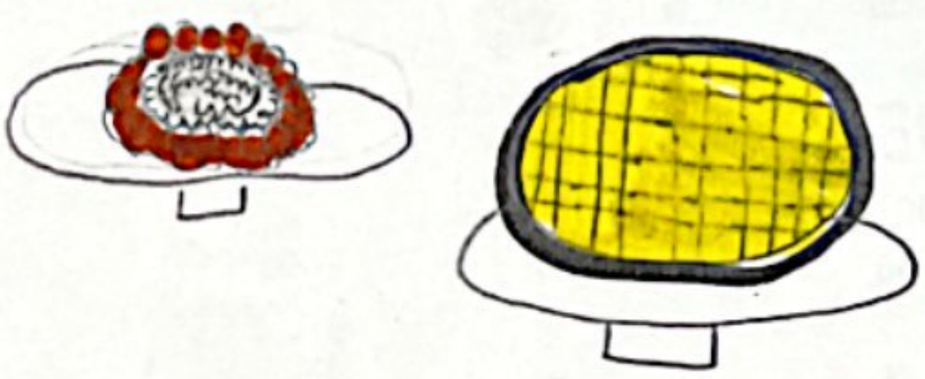
Wednesday

sushi



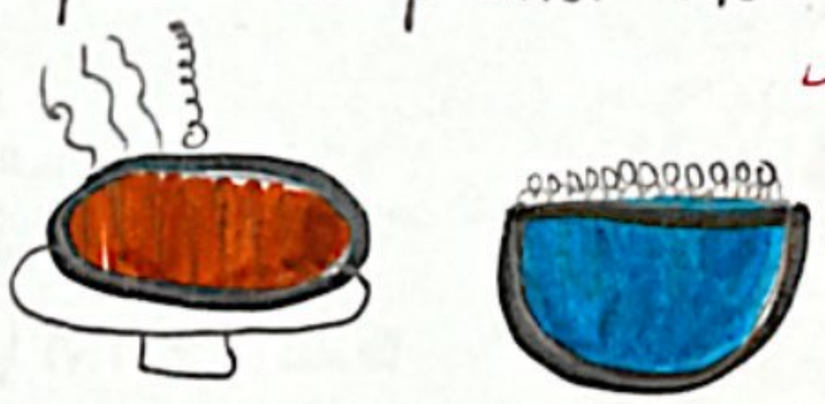
Thursday

fried rice and waffle ✓



Friday

pork chop and rice ✓



Kaka (17) 4D

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.

green salad	Corn Soup	
$20 20 kcal	$34 351kcal	

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.

pork chop	steak	fish
$50 328 kcal	$55 614 kcal	$40 218 kcal

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.

Waffle	tiramisu	
$100 218kcal	$150 572kcal	

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
Corn Soup	fish	Waffle
$ 34	$ 40	$ 100
351 Kcal	218 Kcal	218 Kcal
ingredients	ingredients	ingredients Total: $ 174
1. Corn 2. salt 3. cream	1. salt 2. soy sauce 3. fish	1. honey 2. fruits 3. flour 4. water

Kaka
17)40

Kaka's Restaurant

Menu

Set A
Healthy food

Starter
Corn Soup ✓ $ 34 ✓

Main Course
fish ✓ $ 40 ✓

Dessert
Waffle ✓ $ 100 ✓

Total: $180

Total: $174

Set B
Food you like

Starter
chicken wings ✓ $ 205 ✓

Ingredients
1. salt ✓
2. tabasco ✓ (^^)

Main Course
chicken curry ✓ $ 405 ✓

Ingredients
1. curry sauce ✓
2. carrots ✓

Dessert
egg tart ✓ $ 10 ✓

Ingredients
1. eggs ✓
2. tart ~~tart~~ flour and water

~~**Total: $180**~~

Total: $840

Set C - not healthy food
Food your partner likes

Starter
spring rolls ✓ $ 15 ✓

Main Course
pizza ✓ $ 250 ✓

Dessert
cheescake ✓ $ 10 ✓

Total: $180

Total: $401