Healthy-Heart Restaurant Quick Activity

Set up a make-believe restaurant in your classroom.

Materials needed: a child-sized table, chairs and shelves; a cashier table made from a box or large blocks; a cash register and adding machine; dishes and serving utensils; and pads and pencils for order-taking.

- Children can help make menus by pasting heart-healthy foods onto sheets of paper. They can also make play money from paper or poster board.
- Have them help decorate the restaurant with pictures of children and families eating together, and of fruits, vegetables and other healthful foods that they find in old magazines or that they draw themselves.
- Once the restaurant is set up, children can take turns playing the roles of the cashier, server, customers, cook and dishwasher at the Healthy-Heart Restaurant.

Healthy-Heart Restaurant Quick Activity (Spanish)

Restaurante “El corazón sano”

Set up a make-believe restaurant in your classroom.

Materials needed: a child-sized table, chairs and shelves; a cashier table made from a box or large blocks; a cash register and adding machine; dishes and serving utensils; and pads and pencils for order-taking.

- Children can help make menus by pasting heart-healthy foods onto sheets of paper. Vamos a hacer menús pegando fotos de alimentos saludables para el corazón en hojas de papel. They can also make play money from paper or poster board. También vamos a hacer dinero de juguete con papel.
- Have them help decorate the restaurant with pictures of children and families eating together, and of fruits, vegetables and other healthful foods that they find in old magazines or that they draw themselves. Ahora vamos a decorar el restaurante con fotos de niños y familias comiendo, y de frutas, de vegetales y de otros alimentos saludables para el corazón que encuentren en revistas viejas o con dibujos que ustedes hagan.
- Once the restaurant is set up, children can take turns playing the roles of the cashier, server, customers, cook and dishwasher at the Healthy-Heart Restaurant. Por turnos, hagan el papel de cajero(a), servidor(a), clientes, cocinero(a) y lavador(a) de platos del restaurante “El corazón sano.”