



# Shark Restaurant Project



Greetings, young restaurant owner! You have decided that sharks are an underserved population and would like to create a restaurant to meet their feeding needs. However, your restaurant will be affiliated with another, more established restaurant. This means you will need to also serve human food from that restaurant! You will need to have two meals – one for sharks and one for humans. BUT you'll also need to have shark and human sized portions of each meal!

**Step 1 – Choose your restaurant:** You will need to choose a fast-food parent restaurant to base your shark restaurant on (ex: McDonalds, Taco Bell, Arby's, etc.).

Parent Restaurant Name: \_\_\_\_\_

**Step 2 – Calculate your typical meal:** If you were to get something from this restaurant for dinner, what would you normally order? Calculate the number of calories in your normal dinner meal.

|  |                         |
|--|-------------------------|
| Entre: _____                           | Calories/Serving: _____ |
| Side Dish: _____                       | Calories/Serving: _____ |
| Dessert: _____                         | Calories/Serving: _____ |
| Total Calories Per Meal Serving: _____ |                         |

Fun Fact! The average DAILY calorie requirement for middle school students is about 2500 calories. What percentage of that allotment is your meal?

**Step 3 – Create a human meal:** Create a human meal from the parent restaurant's menu. Your meal must include an Entre, Side, and Dessert. Your meal should be able to replace the calories an average marathon runner would burn (2500-2700 calories) during a race. You can find the calorie information online.

|  |                         |
|--|-------------------------|
| Entre: _____                           | Calories/Serving: _____ |
| Side Dish: _____                       | Calories/Serving: _____ |
| Dessert: _____                         | Calories/Serving: _____ |
| Total Calories Per Meal Serving: _____ |                         |

**Step 4 – Name your shark restaurant:** Now that you have your parent restaurant, you need to come up with a similar (but ocean/shark themed) name for your own restaurant.

Shark Restaurant Name: \_\_\_\_\_



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**Step 5 – Create a shark meal:** Create a shark meal based on the average caloric needs of one subgroup of sharks (chosen from the Energy Cost worksheet). You will need to describe what each part of your meal is, as well as give it a catchy name (ex: Blubber Nuggets = \_\_\_ pounds of seal blubber).

**Shark Subgroup Chosen:** \_\_\_\_\_

**Average Energy Cost/Caloric Need:** \_\_\_\_\_

|  |                         |
|--|-------------------------|
| Entre: _____                           | Calories/Serving: _____ |
| Entre description: _____               |                         |
| Side Dish: _____                       | Calories/Serving: _____ |
| Side description: _____                |                         |
| Dessert: _____                         | Calories/Serving: _____ |
| Dessert description: _____             |                         |
| Total Calories Per Meal Serving: _____ |                         |

**Step 6 – Calculate portion sizes:** Use proportions to determine the serving size of each meal if served to the other customer demographic (human meal served to sharks, and shark meal served to humans).

| Shark Meal – Human Portion: |                 |
|-----------------------------|-----------------|
| Entre Serving: _____        | Calories: _____ |
| Side Serving: _____         | Calories: _____ |
| Dessert Serving: _____      | Calories: _____ |

| Human Meal – Shark Portion: |                 |
|-----------------------------|-----------------|
| Entre Serving: _____        | Calories: _____ |
| Side Serving: _____         | Calories: _____ |
| Dessert Serving: _____      | Calories: _____ |

**Step 7 – Create a menu:** Use a separate sheet of paper to create one menu that includes both the human meal and shark meal. Your menu should be visually appealing (use color, use pictures, etc.), and include serving sizes for human and shark portions of EACH meal.