

Fit for Life Café Project Directions

Step 1: Select a theme for the Café

Step 2: Select a name for the Café

Step 3: Select a color scheme

Step 4: Students go to the Computer Lab to research healthy, low fat recipes that go with the café theme and are approved by Mrs. Castelvechi

- Each category needs to be represented including appetizers, salads, entrées, beverages, desserts
- Categories will be determined by the class depending on the type of menu they choose to have and the theme of the café

Step 5: Class decides who will make each menu item to bring in the day of the café

- Recipes are provided to the girls and they are to get approval from their parents on the recipe chosen to make sure they will be able to bring the item in.

Step 6: Each class member will create an advertisement for the café to be posted around the school.

- Ads must be attractive and provide who, what, when, where, and why as well as a healthy slogan for their ad.
- Commercials will also be created to show during the faculty meetings. Flip Cams and Movie Maker will be used to create the commercials. A healthy slogan and information must be included.

Step 7: Class is divided into groups and put on committees

- Decorations Committee
 - Create decorations for the café to make the atmosphere pleasant and to add to the theme.
- Bulletin Board Committee
 - Design a bulletin board that includes the title of the café and is representative of our Fit for Life class.
- Menu Committee
 - Organize, categorize, and finalize menu selections
 - Create menus to be used for the café
 - Create recipe books to be handed out at the café
- Invitations and Hospitality Committee
 - Create electronic and paper invitations for the teachers to be emailed and hand delivered. Invitations must include

the Café name, date, time, location, reservations only, and a healthy slogan.

- Create decorative pens that match the theme to be used for the comment cards
- Entertainment Committee
 - Create a power point or movie maker presentation to be played during the café. The project will include pictures of the Fit for Life class throughout the year.
 - Create a music CD to be played during the café that goes with the café theme and is for the guests' enjoyment.

Step 8: Students select positions to work in for the day of the café

- Manager
 - Mrs. Castelvechi is the manager of the café and will monitor and mingle but the girls are in charge of their responsibilities. If there is a question or concern you may ask Mrs. Castelvechi but you may have to trouble shoot and figure it out for yourself. (What do you think should be done?)
- Hostesses
 - Will greet and seat guests as they arrive and provide them with their menu
 - Will provide guests with a copy of the recipe books created
- Waitresses
 - Will take orders and answer any questions about the menu that the guests have
 - Will take orders to the food prep leader to have the order filled
 - Will check on their assigned tables to see if there is anything else needed.
- Servers
 - Will take trays of food to each table to serve the food once the orders are filled.
 - Will check with the tables to see if there is anything else they need.
- Food Prep
 - Will prepare the food as the orders come in and fill the orders
 - Each girl is assigned a station and will fill orders from their station
 - One girl will be assigned the lead role, call out orders and make sure the orders are correct before sending the food out with the servers.
- Take Out Orders

- On the occasion that we have take out orders, one person will be assigned to take out and will deliver food to the teachers who have ordered.
- A recipe book will also be delivered to these teachers