



YOUR RESTAURANT

Hip to Be Fit® Challenge GAME

Hip to BE Fit® Challenge:

Choose one or more of the recipes on the Hip To Be Fit® page and make your own restaurant at home. Share a photo of your finished restaurant by using the form on the website at www.ndi-nm.org/hiptobefit.

Supplies needed:

Recipe ingredients
Poster board
Markers
Crayons
Construction paper
Recipe book
Silverware
Plates
Napkins
Tape

1. Choose a recipe(s) from the [Hip To Be Fit®-recipe list](#) or use a recipe you have at home. Ask your parents to help you cook and gather the items you need from the grocery store.
2. Build your restaurant. You can make a service window for your family members to pick up their food at the counter or you can serve them from the table and pretend to be the waitress or waiter.
3. Create a name for your restaurant and make a sign to hang in the kitchen.
4. Make a menu for your restaurant. Take a piece of construction paper and design your menu with crayons or markers.
5. Set the table for your restaurant with plates, forks, napkins and cups. Decorate the table with items you find around the house.
6. Dress up for the occasion!
7. Prepare your recipe and enjoy your new restaurant!



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