RESTAURANT REVIEW

Goal: To determine if the quality of the “heart healthful” or “low carbohydrate” entrees is comparable to the non-healthy meals.

Assignment: Write a review of your restaurant experience, using the following guidelines. The review should be approximately 2-3 pages in length, typed and double-spaced. Use an essay format, not question and answer. Please refer to your syllabus for due date and additional instructions regarding written assignments.

1. Select a restaurant
2. Choose a partner from class. One person needs to order a “heart healthful” entrée, while the other person orders any other item from the menu.
3. Compare the following items:
   - Appearance
   - Portion size
   - Taste
   - Texture
   - Overall Quality
   - Price
4. Obtain the nutritional information for the “heart healthful” meal and the non-heart healthful meal (if possible).
5. Would you order the meal again? If not, make suggestions for improvements.
6. Rate the overall experience and comment on what you learned from this assignment.