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OUTDOOR ACTIVITY 1



Let's go to a restaurant

Pictograms: ARASAAC (<http://www.arasaac.org/>)



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The trainer has already designed and uploaded the online session to the e-Training platform. Things to be done online:

Trainees must read and download, (if they want), the training materials (PPT, Word document, complementary readings, practical activities, etc.) for Topic 8.



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The trainees, will choose a restaurant to go with their friends, relatives or professionals. By using internet, and before going to the restaurant, they will go to the restaurant website and will check the kind of food they have, the recipes, the prices of the menus, etc.

Once they have chosen the restaurant, they will plan to go to have lunch or dinner. Once they are at the restaurant, they have to choose a balanced menu in healthy terms. Therefore, the trainees will have to perform the next tasks:



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- Identify a restaurant and make a little research about recipes, prices, etc.
- Plan de lunch or the dinner with friends, relatives, professional...
- Ask the waiter for the menu and choose the best healthy option, balancing what they want to eat, the prices and how the healthy that menu is.
- Share and enjoy the meal.
- Make some pictures and videos while they are doing the tasks an uploaded them in the training platform, including the dishes they will order for.



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Duration:

- The time needed to perform the tasks during one week, always before the next F2F session.

Tools:

- Training materials available in the training platform.