

Strawberries and Dream

Lunch Menu

Starters:

Mixed fruit salad

Coconut and banana cream soup



Main Courses:

Pizza with mixed fruit and strawberry jam toppings

Lemon, orange and watermelon sandwich

Desserts:

Apple pie

Kiwi cheesecake



Drinks:

Milkshakes – lychee / pineapple / dragon fruit /
mango

Hot or iced pear tea



The Stomach Station

All Day Menu

Starters:

Fried cheese sticks

Spicy chicken wings



Main Courses:

Fish and chips

Chicken burger with chips



Desserts:

Chocolate ice cream sundae

Honey pancakes



Drinks:

Soft drinks – cola / lemonade

Hot chocolate



There are many fruits mentioned in the Strawberries and Dream menu. Have you ever thought about how fruit grows? Draw pictures below of what you think these plants look like. Then, look up photos online of these strange-looking plants!

Pineapple plant



Dragon fruit plant



Bugbug: Both of those restaurants have tasty food. Let's try everything!

Twist: We shouldn't eat more than we need, Bugbug. That's not healthy.

Bugbug: OK. Strawberries and Dream has lots of fruit, and I know fruit is healthy. Let's try their food.

Twist: But it *only* has fruit. It isn't good to eat just one kind of food. The Stomach Station has lots of different things.

Bugbug: But it doesn't have different *kinds* of food. Everything there has lots of sugar and fat in.

Twist: I read an article last week about balanced diets. Let's look at that. It will help us learn more about healthy food.





GLOSSARY

cocoa powder	(n.)	可可粉	a brown powder that tastes like chocolate
dessert	(n.)	甜品	the final, sweet course of a meal
flour	(n.)	麵粉	powder made from wheat; it's used to make bread and cakes
lemonade	(n.)	檸檬水	a drink made of lemon juice, sugar and water
main course	(n.)	主菜	the largest course of a meal; it usually includes a carbohydrate and / or a protein
menu	(n.)	餐牌	a list of food that you can order from a restaurant
mix	(v.)	攪拌	to combine two or more things until they are one
salad	(n.)	沙拉	a mixture of uncooked vegetables served with a dressing
starter	(n.)	前菜	a small dish eaten at the start of a meal
topping	(n.)	配料	a bit of food or a sauce added onto other food for flavour