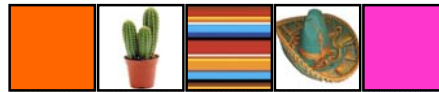


# Creating a Theme for your Dine-In Event

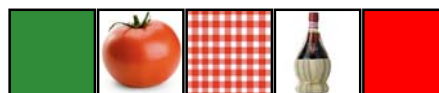
Diabetes Counselling Online "Dine In For Diabetes" ® Fact Sheet 2



## Mexican

**Decorations:** A Mexican theme is a great choice because they use so many bright colours. Select a tablecloth in orange or pink, or you could even use a brightly striped Mexican blanket if you have one. Place a potted cactus or chilli plant on the table as a centerpiece. Other decorations could include a sombrero, some maracas or a piñata. Some mariachi music on the stereo completes the scene. Ole!

**Food:** Fish tacos with guacamole and tomato salsa.



## Italian

**Decorations:** Everybody loves Italian food, so this theme should be a popular choice. A red and white checked tablecloth, topped with an authentic straw-covered chianti bottle and a vase filled with grissini will set the scene, enhanced with some Pavarotti on the stereo.

**Food:** Home-made pizza and pasta with salads



## American Diner / Burger Joint

**Decorations:** A fun and lively theme for some, and bit of nostalgia for others, the 1950's burger joint is a great way to get people up and dancing. You could use a red or black and white checked tablecloth, and a centerpiece of some classic model cars, some old records, or 1950's milkshake cups filled with flowers. Turn up the jukebox to play some classic rock and roll hits. How about a hula-hoop competition? This is also a great theme to ask guests to come dressed in their 50's finest.

**Food:** Home-made healthy burgers – beef, chicken, lentil, with lots of crunchy salad.



## Aussie BBQ

**Decorations:** Hold a true-blue Aussie barbeque for Dine in for Diabetes to make a home cooked meal that will please everyone. Decorate the table with everything green and gold and top it with some native flowers if you can find them. There are lots of choices when it comes to music – perhaps some Slim Dusty, John Farnham or Cold Chisel, depending on your guests. You could also thread some corks onto an old hat to wear while cooking on the barbeque!

**Food:** Home-made healthy burgers – beef, chicken, lentil, with lots of crunchy salad. Steak is perfect on the barbeque too, but remember to trim the fat off before cooking it.



### British Fish and Chips

**Decorations:** There are many ways to celebrate all things British. You could host a Royal Banquet, complete with a table centerpiece of an old vase or candleholder spray-painted to look like gold, and make paper crowns to leave on each plate. Otherwise you could stick to the red, white and blue of the Union Jack. Musically, the Beatles or some Oasis (depending on your taste) may be a good choice. This is the one theme where rain might actually make it more authentic!

**Food:** Healthy home-made grilled fish with carrot and potato chips and salad.



### Indian

**Decorations:** Bollywood is a very popular and decadent theme to use. You could dress the table with brightly coloured fabrics in colours such as fuchsia, orange or lime green, and place clusters of candles around the room. The national flower of India is the lotus, and they look great floating in a shallow bowl of water as a table centrepiece. You can even make lotus flowers by folding paper, if you are feeling crafty. Some Bollywood Greatest Hits music on the stereo, or perhaps a Bollywood musical on the TV will complete the scene.

**Food:** Home-made curries, made using coconut-flavoured evaporated milk instead of coconut milk, lentil dhal and steamed basmati rice.



### Thai

**Decorations:** Thai take-away is very popular, but it should be appreciated even more when served in an authentic Thai atmosphere. Thais are famous for their silks, so if you have any brightly coloured silky fabric it would look terrific as a tablecloth. The table can be decorated with Buddhist statues, small plates of chillies, or vases filled with decorative bamboo or orchids. Traditional Thai music is available to download or on cds.

**Food:** Pad Thai, stir-fries and rice-paper rolls.



### Chinese

**Decorations:** Australians have enjoyed Chinese food since it rose to popularity in the 1950's, making this theme a certain crowd pleaser. For the table, a red tablecloth would look great with a bowl of fortune cookies as a centerpiece. Fold serviettes in a fan shape for each guest, and don't forget the chopsticks. You could even serve the food in take-away style cardboard noodle boxes. Hanging Chinese paper lanterns from the ceiling would also add an authentic feel to the room.

**Food:** Chow mein, San choy bau, boiled rice and stir-fried Asian greens.