



MEALS ON A BUDGET



Materials:

- Grocery store advertisements
- Calculators
- Scissors
- Paper and pencil
- My Plate print-out

Directions:

- Have students get into groups of 2-3.
- Each group should get a grocery store advertisement, calculator, My Plate print-out, paper, and a pencil or pen.
- Instruct students to create a balanced meal for a family of 4.
 - o They must spend only \$10 to prepare the meal.
 - Suggest they create a chart like the one below to help distribute costs.
 - o They must consider the principles of My Plate.
 - Look for variety in color, texture, and taste.
 - Look for items in each of the food groups. They can write or cut and glue their selections on the My Plate handouts.
 - o Once each group finishes, have a representative from each group present their meal choices.

Food Group	Item	Amount	Cost
Dairy			
Protein			
Grain			
Vegetable			
Fruit			
			Total: