

# Chapter 4

## Lesson 3 Food

**Theme: Eating on a Budget**

### Lesson Objective:

Students will learn how to plan a food budget. Students will learn how to determine if they qualify for assistance. (See matrix for Arizona Academic/Adult Standards).

### Steps to Follow:

**“Truths are first clouds; then rain, then harvest and food.” --Henry Ward Beecher**

Introduce lesson with the self-talk litany. Ask how the Big Ideas fit with this lesson.

1. Complete *Meal Planning* S1.
2. Complete *Grocery List* S2. Discuss the benefits of using a list when food shopping.
3. Obtain newspaper food ads. Have students comparison shop using different store advertisements.
4. Have students estimate the costs of the groceries on their list, then multiply it by four to determine a monthly budget amount.
5. Students examine the various sources of food assistance in their communities. This may include Community Food Banks, church and hospital sponsored food assistance, and DES food stamp programs. This information should then be entered in their MRG.
6. Students look at the criteria for qualifying for the DES food stamp program. Application procedures should be replicated and completed.

### Materials:

*Meal Planning* S1

*Grocery List* S2

Newspaper food advertisements

Calculators (if available)

Local area telephone directories

### Evaluation:

Rubric

## Enrichment:

1. Students can also talk about reducing their food expenses by using coupons, buying items on sale, using house brands and other economy measures.
2. Research healthy food choices.
3. Use product labels/or fast food restaurant information, to make the healthiest food choices or choices that support particular dietary needs, e.g. lowering cholesterol, increasing protein,
4. Research and evaluate pros and cons of popular diets, e.g. Dena Ornish, Atkins, Weight Watchers.
5. Looking at a recipe or menu develop a shopping list.

# Meal Planning

S1

	Breakfast	Lunch	Dinner	Snack
<b>Sunday</b>				
<b>Monday</b>				
<b>Tuesday</b>				
<b>Wednesday</b>				
<b>Thursday</b>				
<b>Friday</b>				
<b>Saturday</b>				

## Grocery List

S2

**Based on the meal planning worksheet, plan your grocery list. Estimate the costs in each category, and then determine the total food costs.**

<b>Produce</b>	<b>Dairy</b>	<b>Meat</b>
<i>Estimated cost:</i>	<i>Estimated Cost:</i>	<i>Estimated Cost:</i>
<b>Frozen Foods</b>	<b>Bakery</b>	<b>Canned Goods</b>
<i>Estimated Cost:</i>	<i>Estimated Cost:</i>	<i>Estimated Cost:</i>
<b>Miscellaneous Items</b>		
<i>Estimated Cost:</i>	<b>TOTAL BUDGET:</b>	