

# Feeding a Family

You need to plan and purchase a nutritious meal for a family for one day. Try as best you can to stick to your daily budget.

**Family 1:** There are 3 people in your family. You have \$18.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

## Breakfast for three people

Cereal and fruit: \$2.00

Frozen Waffles and fruit: \$3.00

Loaf of Bread: \$1.00

## Dinner for three people

Spaghetti, Salad and Bread: \$5.00

Hot Dogs and Soup: \$4.00

Dinner at a Pizza Place: \$15.00 & Tip

## Lunch for three people

Cheese sandwiches: \$2.00

Ham sandwiches, apples and cookies: \$4.00

Peanut butter & Jelly sandwiches: \$2.00

## Snacks for three people

Ice cream: \$4.00

Fruit: \$2.00

Cheese and crackers: \$2.00

**Circle your choices. How much did you spend?**

**Per Day? :**

**Per Week? :**

**Per Year? :**

**-Hint: There are 52 weeks in a year-**

**Family 2:** There are 5 people in your family. You have \$18.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

## Breakfast for five people

Cereal and fruit: \$4.00

Frozen waffles and fruit: \$5.00

Loaf of bread: \$2.00

## Dinner for five people

Spaghetti, salad, and bread: \$8.00

Hot dogs and soup: \$6.00

Dinner at a pizza place: \$20.00 & Tip

## Lunch for five people

Cheese sandwiches: \$4.00

Ham sandwiches, apples and cookies: \$6.00

Peanut butter & Jelly sandwiches: \$2.00

## Snacks for five people

Ice cream: \$4.00

Fruit: \$2.00

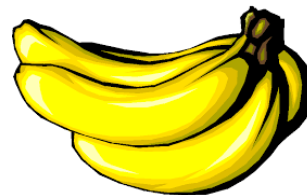
Cheese and crackers: \$2.00

**Circle your choices. How much did you spend?**

**Per Day? :**

**Per Week? :**

**Per Year? :**



**Family 3:** There are four people in your family. You have \$8.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for four people**

- Cereal and fruit: \$3.00
- Frozen waffles and fruit: \$4.00
- Toast: \$2.00

**Dinner for four people**

- Spaghetti, salad and bread: \$7.00
- Hot dogs and soup: \$5.00
- Dinner at a pizza place: \$20.00 & Tip

**Lunch for four people**

- Cheese sandwiches: \$3.00
- Ham sandwiches, apples and cookies: \$5.00
- Peanut butter & Jelly sandwiches: \$3.00

**Snacks for four people**

- Ice cream: \$5.00
- Fruit: \$2.00
- Cheese and crackers: \$3.00

**Circle your choices. How much did you spend?**

**Per Day? :**

**Per Week? :**

**Per Year? :**



**Family 4:** There are four people in your family. You have \$30.00 to spend on food for one day. How can you use this money to provide a nutritious menu?

**Breakfast for four people**

- Cereal and fruit: \$3.00
- Frozen waffles and fruit: \$4.00
- Toast: \$2.00

**Dinner for four people**

- Spaghetti, salad and bread: \$7.00
- Hot dogs and soup: \$5.00
- Dinner at a pizza place: \$22.00 & Tip

**Lunch for four people**

- Cheese sandwiches: \$3.00
- Ham sandwiches, apples and cookies: \$5.00
- Peanut butter & Jelly sandwiches: \$3.00

**Snacks for five people**

- Ice cream: \$5.00
- Fruit: \$2.00
- Cheese and crackers: \$3.00

**Circle your choices. How much did you spend?**

**Per Day? :**

**Per Week? :**

**Per Year? :**



## Reflection Questions

1. Besides food, what other things do you think families need to pay for?

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2. Was it easier to buy the healthier food or the “junk” food?

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3. What was different between having \$8.00 or \$30.00 to spend in the day?

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4. Going out to eat was more expensive than buying food at the grocery store, why might a family go out to eat? When would going out to eat be easier than buying and cooking food at home?

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5. When you had \$8.00 to spend in one day, did you buy more healthy food or “junk” food? Did you spend more than 8 dollars?

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