

SNOW DAY - Pick any of the following tasks to complete (complete at least 2)



Module 6

Cooking on a Budget

Section A: Complete at least **FOUR** challenges over 10 hours (1 credit)

- 1** In a group, discuss the benefits and drawbacks of planning your meals on a weekly basis. Record your thoughts and share your findings with your tutor.

☒ **Skills I used:**

- ☐ Learning
- ☐ Teamwork
- ☐ Coping with Problems
- ☐ Use of IT
- ☐ Use of English
- ☐ Use of Maths

- 2** Plan and cook a meal for **four** people for under £5. Take photographs of your ingredients and of the finished meal. State if you met your budget.

☒ **Skills I used:**

- ☐ Learning
- ☐ Teamwork
- ☐ Coping with Problems
- ☐ Use of IT
- ☐ Use of English
- ☐ Use of Maths

- 3** Individually, or with a partner, create a **one-week** healthy meal plan for one of the following:

- a student
- a couple
- a family of four with two children aged under five
- a family with three teenage children

Show how much it would cost and identify ways that you could cut the cost of your weekly menu.

☒ **Skills I used:**

- ☐ Learning
- ☐ Teamwork
- ☐ Coping with Problems
- ☐ Use of IT
- ☐ Use of English
- ☐ Use of Maths

- 4** Visit a food stall at a market, fairground or cinema. Make a note of the cost of a portion of food (e.g. bucket of popcorn, falafel and salad in a cone).

Now work out how much it would have cost if you had bought the ingredients and cooked the food.

☒ **Skills I used:**

- ☐ Learning
- ☐ Teamwork
- ☐ Coping with Problems
- ☐ Use of IT
- ☐ Use of English
- ☐ Use of Maths

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- 5** Many households throw away much of the food they buy each week. Create an information leaflet to inform people about ways they could reduce the amount they throw away and save money.

- ☒ **Skills I used:**
- ☐ Learning
 - ☐ Teamwork
 - ☐ Coping with Problems
 - ☐ Use of IT
 - ☐ Use of English
 - ☐ Use of Maths

- 6** Choose **two** supermarkets and create a price comparison chart of **20** essential food items that you use in your household. Which supermarket would you choose to shop at and why?

- ☒ **Skills I used:**
- ☐ Learning
 - ☐ Teamwork
 - ☐ Coping with Problems
 - ☐ Use of IT
 - ☐ Use of English
 - ☐ Use of Maths

- 7** Visit a local restaurant or café and find out how they manage their budget – especially when the number of customers and the cost of ingredients vary week-to-week.

- ☒ **Skills I used:**
- ☐ Learning
 - ☐ Teamwork
 - ☐ Coping with Problems
 - ☐ Use of IT
 - ☐ Use of English
 - ☐ Use of Maths

- 8** Compare the cost of different types of takeaway (e.g. Chinese, pizza, curry) with home-cooked meals. Consider the different factors that might affect people's decisions when choosing between a home-cooked meal and a takeaway.

Present your conclusions.

- ☒ **Skills I used:**
- ☐ Learning
 - ☐ Teamwork
 - ☐ Coping with Problems
 - ☐ Use of IT
 - ☐ Use of English
 - ☐ Use of Maths