

## Core Skills Analysis

### Mathematics

- The student practiced multiplication and division skills by calculating the cost per serving of each meal planned.
- Applied percentages to determine discounts or sales prices while budgeting for groceries.
- Utilized measurement units to adjust recipe portion sizes according to the number of people in the household.
- Interpreted data from receipts and bill statements to track expenses and maintain a budget.

### Home Economics

- Learned meal planning techniques to ensure a balanced and nutritious diet within budget constraints.
- Developed organizational skills by creating shopping lists based on planned menus and available pantry items.
- Understood the importance of comparison shopping to find the best deals and make cost-effective choices.
- Practiced time management by scheduling meal preparation and cooking times efficiently.

### Tips

To further enhance skills in menu planning and budgeting, encourage the student to explore different cuisines and their cost-effective recipes. Involving them in grocery shopping and meal preparation can also provide hands-on experience. Additionally, setting up a mock budgeting scenario for a family week can simulate real-life financial decision-making.

### Book Recommendations

- [Cooking Up a Storm: The Teen Survival Cookbook](#) by Sam Stern: This cookbook offers easy and budget-friendly recipes tailored for teenagers, with a focus on healthy eating and creative meal ideas.
- [The Money Saving Mom's Budget: Slash Your Spending, Pay Down Your Debt, Streamline Your Life, and Save Thousands a Year](#) by Crystal Paine: A practical guide for teenagers on managing finances, budgeting effectively, and making smart purchasing decisions to save money.
- [Kitchen Confidence: Essential Recipes and Tips That Will Help You Cook Anything](#) by Kelsey Nixon: This book provides foundational cooking techniques, budget-friendly recipes, and helpful tips for teenagers looking to expand their culinary skills.