

## Core Skills Analysis

### Nutrition

- Student would have learned about the concept of balanced diet - ensuring the right mix of proteins, carbohydrates, and fats for optimal health.
- Understanding the importance of vitamins and minerals in each meal to support overall well-being.
- Learning how to calculate caloric needs based on family members' age, weight, and activity levels.
- Exploring the benefits of meal planning in advance to save time and money, and minimize food wastage.

### Mathematics

- Applying mathematical skills in measuring ingredients accurately for recipes and portion control.
- Understanding budgeting and cost division for weekly meal plans.
- Practicing percentages when calculating the distribution of different food groups in a meal.
- Utilizing fractions when adjusting recipes for different serving sizes.

### Home Economics

- Developing organizational skills while planning a well-balanced weekly menu for the family.
- Learning about food safety and proper storage techniques to maintain ingredients' freshness.
- Exploring different cooking methods and their impact on the nutritional value of meals.
- Understanding the concept of sustainability and making eco-friendly choices when selecting ingredients.

### Tips

To further enhance skills related to creating a balanced weekly menu, consider involving the family members in the meal planning process. Encourage experimentation with new recipes and flavors to expand culinary knowledge. Additionally, exploring cultural cuisines can provide exposure to diverse food choices and cooking techniques.

### Book Recommendations

- [The Plant-Based Diet for Beginners](#) by Gabriella Dennin: This book offers insights into creating nutritious plant-based meal plans suitable for the whole family, with detailed recipes and nutritional information.
- [Cooking Up a Storm: Recipes for a Healthy Family](#) by Jessica Williams: A collection of family-friendly recipes designed for balanced nutrition, emphasizing the importance of wholesome ingredients and simple cooking methods.
- [Meal Prep for Weight Loss](#) by Robin Decker: Explore the art of meal prepping for weight management with this guide, featuring practical tips and customizable meal plans for busy families.