

## Objective

By the end of this lesson, the student will be able to effectively plan meals by understanding the principles of nutrition, budgeting, and time management.

## Materials and Prep

- Pen and paper
- Access to a computer or smartphone for research
- Calculator (optional)
- Basic knowledge of fractions and percentages

## Activities

- Activity 1: Research and Create a Weekly Meal Plan

Have the student research different food groups, nutritional requirements, and portion sizes. Using this information, ask them to create a weekly meal plan that includes breakfast, lunch, dinner, and snacks. Encourage them to consider variety, balance, and their personal preferences.

- Activity 2: Budgeting and Grocery Shopping

Ask the student to set a budget for their weekly meals. Have them research the prices of different ingredients and estimate the total cost of their meal plan. Discuss the importance of budgeting and making informed decisions while grocery shopping. Encourage them to find ways to save money without compromising nutrition.

- Activity 3: Cooking and Time Management

Choose a few recipes from the student's meal plan and have them prepare the meals. Emphasize the importance of time management and multitasking in the kitchen. Discuss strategies for efficient meal preparation, such as prepping ingredients in advance and utilizing cooking techniques that save time.

## Talking Points

- Understanding Nutritional Requirements:
  - "Our bodies need a variety of nutrients to function properly, including carbohydrates, proteins, fats, vitamins, and minerals."
  - "Different food groups provide different nutrients. For example, fruits and vegetables are rich in vitamins and minerals, while grains provide energy through carbohydrates."
  - "Balancing our meals with a variety of food groups helps ensure we get all the necessary nutrients."
- Importance of Budgeting:
  - "Budgeting means planning how much money you can afford to spend on something."
  - "When planning meals, it's important to consider the cost of ingredients to ensure we stay within our budget."

- "Finding ways to save money, such as buying in bulk or opting for seasonal produce, can help stretch our budget."
- Time Management in Meal Planning:
  - "Planning meals in advance saves time and reduces stress."
  - "Prepping ingredients ahead of time can make cooking faster and more efficient."
  - "Using cooking techniques like one-pot meals or sheet pan dinners can help save time on cleanup."