

Personal Finance: Menu Planning

What's for dinner?



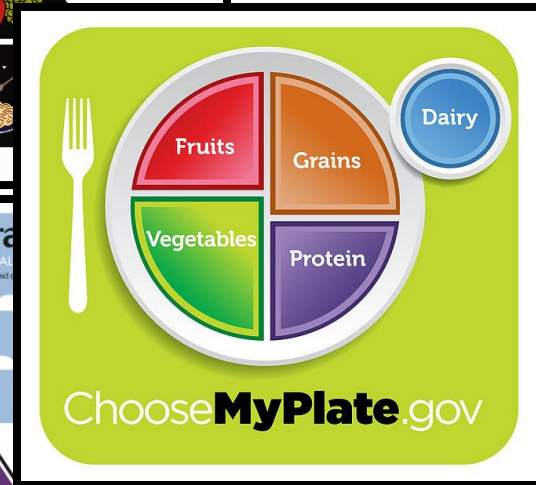
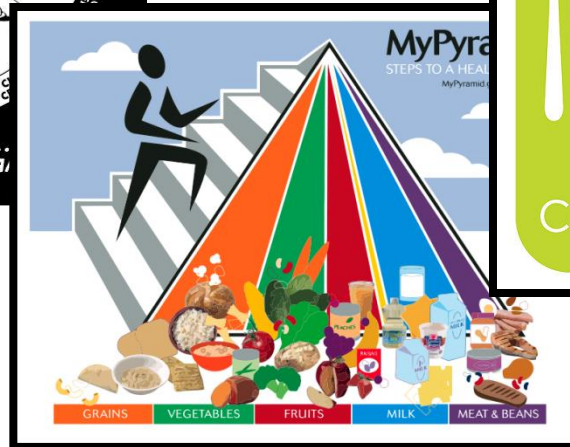
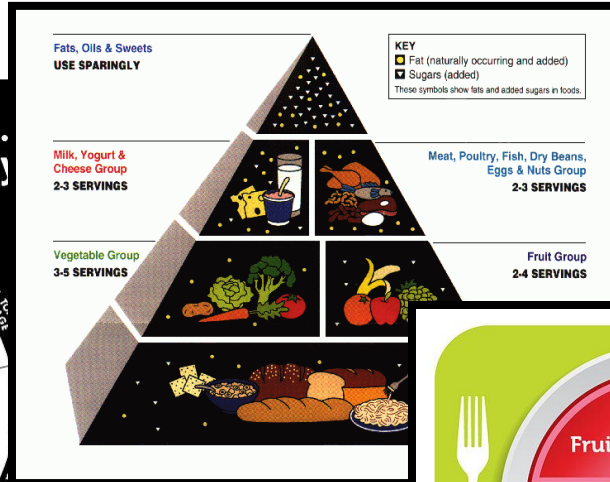
Lesson Objective

Students will learn how to plan a weekly menu.



Basic Nutrition

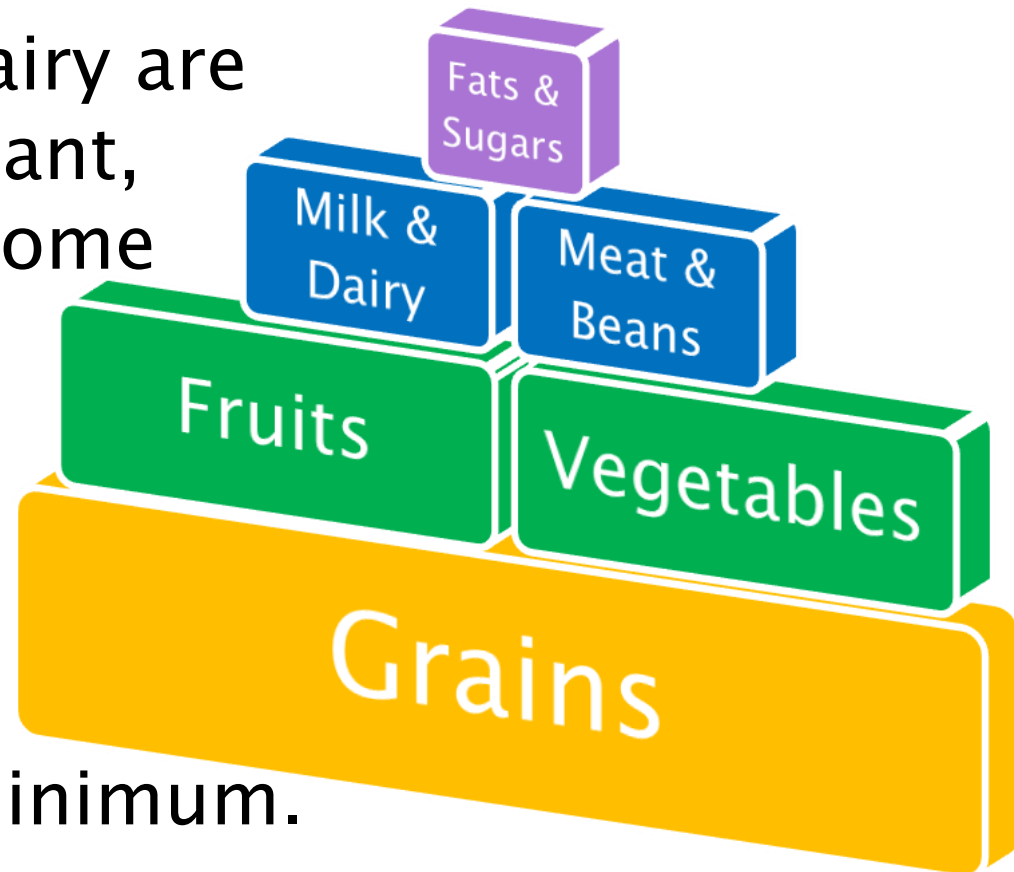
The Food Pyramid has changed its looks many times, but the basics of nutrition have always stayed the same.





Basic Nutrition

- Grains should be the biggest part of your diet, with fruits and vegetables close behind.
- Milk and Dairy are also important, as well as some Meats and Beans.
- But Fats and Sugars should be kept to a minimum.

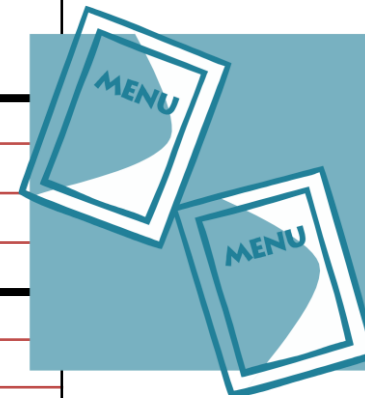




Creating a Menu

A menu lists what you will eat and how much of it you will eat at each meal.

		Item
Breakfast	Breads	1 /2 cup Cereal
	Fruits & Vegetables	1 cup Orange Juice
	Milk	½ cup Yogurt
	Meat	1 Egg
Lunch	Breads	2 Slices Bread
	Fruits & Vegetables	1 Apple
	Milk	1 Cheese Stick
	Meat	2 Tab. Peanut Butter
Dinner	Breads	1 cup Pasta
	Fruits & Vegetables	½ cup Spaghetti Sauce ½ cup Asparagus
	Milk	1 cup Milk
	Meat	2 oz. Sausage





The Math of Menu

Everything on a menu has an associated cost. To calculate that cost you will need to calculate the unit price for each item on the menu.

For example:

Breakfast	Breads	1 /2 cup Cereal	
	Fruits & Vegetables	1 cup Orange Juice	
	Milk	½ cup Yogurt	
	Meat	1 Egg	

I can buy a box of cereal for \$3.50 that comes with 35 half-cup servings. How much does each serving cost?





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Breakfast	Breads	1 /2 cup Cereal	
	Fruits & Vegetables	1 cup Orange Juice	
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	Meat	1 Egg	

I can buy a box of cereal for \$3.50 that comes with 35 half-cup servings. How much does each serving cost? $\$3.50 \div 35 =$





The Math of Menu

Everything on a menu has an associated cost. To calculate that cost you will need to calculate the unit price for each item on the menu.

For example:

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	
	Milk	½ cup Yogurt	
	Meat	1 Egg	

I can buy a box of cereal for \$3.50 that comes with 35 half-cup servings. How much does each serving cost? $\$3.50 \div 35 = \0.10





The Math of Menu

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For example:

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	
	Milk	½ cup Yogurt	
	Meat	1 Egg	

I can buy a gallon of orange juice for \$4.00 that comes with 16 one-cup servings. How much does each serving cost? $\$4.00 \div 16 =$



The Math of Menus

Everything on a menu has an associated cost. To calculate that cost you will need to calculate the unit price for each item on the menu.

For example:

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	
	Meat	1 Egg	

I can buy a gallon of orange juice for \$4.00 that comes with 16 one-cup servings. How much does each serving cost? $\$4.00 \div 16 = \0.25



The Math of Menu

Everything on a menu has an associated cost. To calculate that cost you will need to calculate the unit price for each item on the menu.

For example:

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	
	Meat	1 Egg	

I can buy a quart of yogurt for \$1.25 that comes with 4 half-cup servings. How much does each serving cost? $\$1.25 \div 4 =$



The Math of Menu

Everything on a menu has an associated cost. To calculate that cost you will need to calculate the unit price for each item on the menu.

For example:

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	\$0.31
	Meat	1 Egg	

I can buy a quart of yogurt for \$1.25 that comes with 4 half-cup servings. How much does each serving cost? $\$1.25 \div 4 = \0.31



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For example:

Breakfast	Breads	1 / 2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	\$0.31
	Meat	1 Egg	

I can buy a dozen eggs for \$1.20. How much does each serving cost? $\$1.20 \div 12 =$



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For example:

Breakfast	Breads	1 / 2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	\$0.31
	Meat	1 Egg	\$0.10

I can buy a dozen eggs for \$1.20. How much does each serving cost? $\$1.20 \div 12 = \0.10



The Math of Menu

Breakfast	Breads	1 /2 cup Cereal	\$0.10
	Fruits & Vegetables	1 cup Orange Juice	\$0.25
	Milk	½ cup Yogurt	\$0.31
	Meat	1 Egg	\$0.10

The total Cost of this meal is:

½ cup cereal =	\$0.10
1 cup Orange Juice =	\$0.25
½ cup Yogurt =	\$0.31
1 egg =	<u>+ \$0.10</u>
Meal Total	\$0.76



Review:

1. What should be the biggest part of your diet?
2. If I can buy a gallon of milk for \$4.00, how much does each cup of milk cost?
Hint: there are 16 cups in a gallon.



Review:

1. What should be the biggest part of your diet?

Grains

2. If I can buy a gallon of milk for \$4.00, how much does each cup of milk cost?
Hint: there are 16 cups in a gallon.

\$0.25