

## FAMILY I:

There are 3 people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu for your family? (Costs are for the meal for the whole family.)

BREAKFAST FOR 3 PEOPLE	DINNER FOR 3 PEOPLE
Cereal and fruit: \$2	Spaghetti, salad and bread: \$5
Frozen waffles and fruit: \$3	Hot dogs and soup: \$4
Toast: \$1	Dinner at a pizza place: \$15
LUNCH FOR 3 PEOPLE	SNACKS FOR 3 PEOPLE
Cheese sandwiches: \$2	Ice cream: \$4
Ham sandwiches, apples and cookies: \$4	Fruit: \$2
Peanut butter & jelly sandwich and carrots: \$2	Cheese and crackers: \$2

What is your menu for the day?

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TOTAL COST PER DAY:

TOTAL COST PER WEEK:

## FAMILY 2:

There are 4 people in your family. You have \$30 to spend on food for one day. How can you use this money to provide a nutritious menu for your family? (Costs are for the meal for the whole family.)

BREAKFAST FOR 3 PEOPLE	DINNER FOR 3 PEOPLE
Cereal and fruit: \$3	Spaghetti, salad and bread: \$7
Frozen waffles and fruit: \$4	Hot dogs and soup: \$5
Toast: \$2	Dinner at a pizza place: \$18
LUNCH FOR 3 PEOPLE	SNACKS FOR 3 PEOPLE
Cheese sandwiches: \$3	Ice cream: \$5
Ham sandwiches, apples and cookies: \$5	Fruit: \$2
Peanut butter & jelly sandwich and carrots: \$2	Cheese and crackers: \$3

What is your menu for the day?

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TOTAL COST PER DAY:

TOTAL COST PER WEEK:

### FAMILY 3:

There are 5 people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu for your family? (Costs are for the meal for the whole family.)

BREAKFAST FOR 3 PEOPLE	DINNER FOR 3 PEOPLE
Cereal and fruit: \$4	Spaghetti, salad and bread: \$8
Frozen waffles and fruit: \$5	Hot dogs and soup: \$6
Toast: \$2	Dinner at a pizza place: \$20
LUNCH FOR 3 PEOPLE	SNACKS FOR 3 PEOPLE
Cheese sandwiches: \$4	Ice cream: \$6
Ham sandwiches, apples and cookies: \$6	Fruit: \$3
Peanut butter & jelly sandwich and carrots: \$4	Cheese and crackers: \$4

What is your menu for the day?

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TOTAL COST PER DAY:

TOTAL COST PER WEEK:

## FAMILY 4:

There are 4 people in your family. You have \$8 to spend on food for one day. How can you use this money to provide a nutritious menu for your family? (Costs are for the meal for the whole family.)

BREAKFAST FOR 3 PEOPLE	DINNER FOR 3 PEOPLE
Cereal and fruit: \$3	Spaghetti, salad and bread: \$7
Frozen waffles and fruit: \$4	Hot dogs and soup: \$5
Toast: \$2	Dinner at a pizza place: \$18
LUNCH FOR 3 PEOPLE	SNACKS FOR 3 PEOPLE
Cheese sandwiches: \$3	Ice cream: \$5
Ham sandwiches, apples and cookies: \$5	Fruit: \$2
Peanut butter & jelly sandwich and carrots: \$3	Cheese and crackers: \$3

What is your menu for the day?

BREAKFAST:

LUNCH:

DINNER:

SNACKS:

TOTAL COST PER DAY:

TOTAL COST PER WEEK: