

Budgeting for a Meal: Planning and Pricing a Grocery List

Name: _____ Date: _____

LEARNING OBJECTIVE

Students will plan a simple meal, create a corresponding grocery list, and calculate a total cost within a set budget.

MATERIALS NEEDED

- notebook paper and pencil
- ruler
- calculator (optional)
- grocery store flyer, receipt, or online prices for reference
- a set budget amount (e.g., \$15)

HANDS-ON ACTIVITY

1. Choose a simple meal to plan for a family of 4 (e.g., spaghetti with marinara sauce and a side salad, or tacos), and list all the ingredients needed, including approximate quantities.
2. Using your ruler, create a 3-column grocery list table: Item, Quantity Needed, and Price (research real or use reasonable estimated prices for each item).
3. Calculate the total cost of your full grocery list, showing your addition.
4. Given a set budget of \$15, determine whether your meal fits the budget. If it goes over, identify one ingredient you could substitute or remove to bring the cost within budget, and recalculate the new total.
5. Write a 2-3 sentence summary reflecting on how planning ahead with a grocery list and budget helps avoid overspending.

QUESTIONS

1. What meal did you plan, and what were the total ingredients and quantities needed?
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2. What was the total cost of your grocery list? Show your addition.
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3. Did your meal fit within the \$15 budget? If not, what change did you make, and what was your new total?

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- 4. Why is it helpful to make a grocery list and set a budget before going to the store, rather than shopping without a plan?**
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