**Food Budgeting Assignment**

1. **Create a 7 day meal plan**

With the food on the grocery list provided in class create a week’s worth of menus (7 Breakfast, 7 Lunches, & 7 Dinners).

* Place in an easy to read **chart**.
* Then draw out in Canada Food Guide **meal plates.**

**REMEMBER:**

* Always include a protein, grain, and a fruit/veggie (the Canada Food Guide meal plate)
* Keep variety in mind. Eat the RAINBOW!
* Remember leftovers from dinner one day can be eaten for lunch the next day. So plan your menu one day after the next.

1. **Include the total your grocery bill written out**

After creating your meal menus, **total the cost of buying these groceries**.

* Your budget is $75 max for the week
* If you are over your budget you need to make cheaper choices and alter your menu

1. **Write down a reflection of how easy or difficult this task was.** 
   * Did you have to adjust your menu? What did you change?
   * What was the most difficult part of the menu to plan?
   * What surprised you about this task? Example: Cost of certain product, how quickly you went through a product?

**Refer to rubric for marking scheme.**