



## £5 meal challenge

This activity is an opportunity to investigate ways you can reduce spending and save money more easily.

Food is one area of our lives where we can consider reducing our spending.

### Your challenge!

Design a meal for your family to eat for just £5.

When designing their meal, you should consider:

- a. What does your family like to eat?
- b. What dietary requirements do your family members have?
- c. What equipment will your family need for cooking?

How might you lower the cost of the meal?

Change your ingredients?

Go to a different shop?

Use less of an ingredient?

Search for prices on online supermarkets as it's not easy for you to go into shops at the moment.

Present your meal to your family- would they eat it?

I would love to see a picture of your meal in a drawing or a list of ingredients- just send me an email.