**Teacher tip: Appropriate for KS4 students**

**Costing your meal**

**What you need:**

Shopping list or supermarket app;

calculator

**What to do:**

Using a shopping receipt or supermarket app (Tesco, Sainsbury or other), work out **how much it costs to make your dish.** Use a calculator to divide by the number of people it serves and you will get the cost for each portion. For example: if it costs 4.80 to make and there are three in your family: 4.80 divided by 3 is 1.60. It cost £1.60 for each serving.

**What it is good for:**

You will begin to appreciate how much it costs to make a meal for you and your family.

**Plan and make a meal**

**What you need:**

Recipe books or use of internet;

Camera

Ingredients and equipment for your chosen meal

**What to do:**

Plan a meal for you to make with the help of an adult. Write out the ingredients that you need and the quantities. Read the recipe and look up any words that you do not understand on your phone or using a dictionary. Take a photo when you have made the dish

**What it is good for:**

Working with adult support will give you confidence in the kitchen. Your skills and knowledge of preparing meals will be improved.