

For the parents: The children's project in this pack is the shopping list challenge. This task allows children to develop their mathematical, creative, designing and organisational skills. I want them to independently create a weekly food timetable for your family. I am setting this as a hypothetical task but feel free to use it as a real-life exercise (of course, following social distancing). The guide sheet includes step by step instructions for the children which is planned to take the whole week to complete.

### **\*The Shopping List Challenge\***

Welcome to the shopping list challenge Green Class! Your task is to buy and plan all your meals for your family for one week. I will give you a budget for your family and you will have to choose all the ingredients to make breakfast, lunch and dinner for 7 different days. Then, you will have to use these ingredients to design and create a menu. This can be a tricky challenge with lots of steps but remember, your parents have to do this every week! When you have completed this challenge, maybe you can help your parents with their weekly shop? Good luck - Miss Mathews 😊

#### **Step 1 - Work out your budget:**

First, we need to work out how much money you get to spend on the weekly shopping. You must select a budget depending on the size of your family.

Number of people in your household:	Amount you are allowed to spend for this task:
2 people	£80
Family of 3	£115
Family of 4	£150
Family of 5	£190
Family of 6	£210
7+ members in your family	£225

#### **Step 2 - Shopping Time!**

Now you need to buy your shopping. You can do this in two ways:

1. You can go on a supermarket website (Tesco, Sainsburys, Asda etc) and choose each item and work out how much they are on there.

**OR**

2. Below, I have created a table of items you can buy at the shop. I have tried to include as many items as I can with the correct prices on them.

Remember, you can't just buy lots of treats and goodies. You are planning **meals** for **breakfast**, **lunch** and **dinner** so you need ingredients for all of these meals. You may need to research various recipes or ask your parents for their own recipes to see what you need and how much of each item you need. You can use this website to research different recipe ideas: <https://www.bbc.co.uk/food> Think carefully before you buy!

Breakfast ideas	Lunch ideas	Dinner ideas
Cereal, toast, fruit salad, smoothies, fry up	Sandwiches, pasta, homemade soup, wraps.	Roast dinner, spaghetti bolognese, curry, salad, fajitas, chilli, BBQ

**\*\* (Remember, you might want snacks and/or dessert too? \*\***

Box of 400g Strawberries £2	Pack of 7 bananas £1	Box of 125g blueberries £1	4 pack of pears £1.40
2 avocados £1.50	600g of tangerines £1.40	A pineapple £1	3 lemons £1.30
A mango £1.80	4 kiwifruits £1.30	125g of raspberries £2.50	500g punnet grapes £2.00
3 onions 60p	500g of carrots 40p	250g of mushrooms 70p	2kg of large potatoes £1.30
250g of tomatoes 60p	3 peppers £1.15	300g of spinach £1	1 broccoli 60p
1 cauliflower 95p	Pack of 4 sweetcorn £1.40	1 cucumber 60p	1 iceberg lettuce 70p
Caesar salad dressing £1	1 large whole chicken £3	500g of mince meat £3 or 2 for £5	400g of meatballs £2.70
2 burgers £3	Sirloin steak £3.70 or 2 for £7	Gammon joint (serves 4) £3.50	2 lamb steaks £3.50
Halloumi burgers £2	4 Yorkshire puddings £1.50	Joint of roast beef (serves 2) £4.60	6 sausages £2.50
18 rashers of bacon £4	2 Quorn burgers £2.50	Loaf of bread 95p	Hot cross buns 85p
8 white rolls £1	Pack of 8 wraps 85p	Pack of 6 pitta breads 45p	2 naan breads 75p
10 croissants £1.70	12 pack of fairy cakes 85p	12 pack of chocolate cupcakes £1	Apple pie (serves 6) £2.75

Strawberry trifle (serves 6) £2	Chocolate cheesecake £2	4 pints of milk  £1.10	6 pints of milk  £1.50
250g butter  £1.55	1kg of margarine  £3.35	6 pack of free- range eggs £1.50	10 pack of free- range eggs £2
600ml of fresh cream £1.85	500g block of cheese £2.50	250g bag of grated cheese £1.75 or 2 for £3	200g pack of ham  £1.25
4 chocolate yoghurts £1	4 fruit yoghurts  £1.35	Steak or chicken pie (serves 3) £3	200g Falafels  £1.60
Cheese and onion quiche (serves 3) £1.90	Garlic bread (serves 6) £1	6 pork pies  £1.85	18 mini scotch eggs  £2
300g of coleslaw  £1	200g of houmous  80p	Box of sugary/ chocolate cereal £3	8 sachets of porridge 80p
500g of muesli  £2	5 cereal bars  £1.25	Baked beans  85p or 4 for £2.50	4 pack of tuna tins  £3.50
Tin of chopped tomatoes 45p or 4 for £1.40	500g of passata  £1	Microwave rice (serves 2) £1	1kg of dried rice  £1.45
300g of noodles  £1.50	Bolognese sauce  £1.75	Korma curry sauce  £1	700g of mayonnaise  £2
700g of ketchup  £2	550g of gravy granules £2.50	500g of granulated sugar 55p	500g of icing sugar  85p
1kg plain flour  £1.50	1kg of self-raising flour £1.50	450g of syrup  £1.15	500g of raisins  £1.55
100g dried fruit  £1	100g of nuts  £2	450g of chocolate spread £2.90	300g of jam  £1
Jar of honey  £1.75	400g of peanut butter £2	250g of marmite  £2.70	400g of rice pudding 85p or 2 for £1.50
400g of custard  85p	135g of jelly cubes  40p	Tinned fruit  60p	240 tea bags  £3
Jar of coffee  £4	Tub of hot chocolate powder £2	Mini marshmallows  £1	Tub of milkshake powder £1.50

Pack of 4 chocolate bars £1	Packet of biscuits £1.50	Packet of chewy sweets £1	12 packets of crisps £2.50
Bag of popcorn £1.50	2 fish fillets £2.20	1kg of chicken fillets £4	38 chicken nuggets £2.50
1kg garden peas £1	1kg of chips £1.80	Large pizza (serves 4) £2.50	Ready meal for 1 £1.50
Tub of ice cream £2.50	6 ice lollies £2	6 ice creams £2	500g of frozen fruit £1.70
1 litre of squash £1.50	1.5 litres of fizzy drink £1.90	1 litre of juice 65p	12 bottles of 500ml water £2.00
8 cans of fizzy drinks £3.00	Pet Food £5	Tin of chickpeas 70p	Tin of corned beef £2.50
Tin of soup £1 of 3 for £2	Tin of mushy peas 30p	Tube of tomato puree £1	Tin of sardines 50p
Tin of kidney beans 50p	Packet of flavoured couscous 50p	1kg of dried couscous £1.30	Lasagne sheets £1.70

### Step 3 - Create the shopping list:

You have now decided what items you want for your meals, but we need to check it all adds up. Fill in the table below and check your list is in budget for your family. I have filled a column in for you as an example (you do not need to include this item in your final list). I will put a spare table at the end of this pack in case you need more room.

[illegible]

#### Step 4 - Plan a menu:

You now have all your shopping for the week, so you need to create the menu for the family. This is where you can be as creative as you want. I have thought of some ideas to help you, but if you have your own creative idea, go right ahead!

1. Write and design a colourful daily menu using arts and crafts materials to help make it interesting!
2. Create a menu on the computer to practise your computing skills.
3. Create a small book, like a menu from a restaurant. This can be given out for each meal and the family could choose what they want to eat.
4. You could create a specials board (whiteboard or blackboard) where you write up the meals of the day.

#### Step 5 - Cook the menu:

This is an extra challenge if you want to practise your cooking skills. With your parents' permission and guidance, try to cook/make some of the meals on the menu. You must remember the **health and safety** rules when cooking food. It might be a great idea to create a poster for your kitchen displaying some health and safety rules for when cooking and handling food.

Congratulations! You have successfully completed the shopping list challenge! How difficult did you think it was?

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Very difficult

Very easy

Your parents do this task every week. They have to think about feeding everyone in the family but also ensure that they stay in budget. All families have different budgets as well, so it can change all the time! After completing this task, it might be a kind gesture to try and help your parents with the weekly shop occasionally, or make it into a competition of who can find the best deals at the supermarket?

Please send me lots of pictures on Class Dojo throughout the process (shopping list, menu making, cooking etc) - I'm really excited to see what you all get up to and how easy/challenging you find it! 😊

