

ACTIVITY

2

CLASSROOM ACTIVITY 2

THE £5 DINNER CHALLENGE

AGES 7-11



Financial Education Primary Planning Framework links:

- I can make spending decisions based on my priorities, needs and wants **7-9**
- I know that the decisions I make about saving and spending my money can be influenced by, and have an impact on, other people **7-9**
- I can make comparisons between prices when deciding what is best value for money, including for services such as electricity, phones and the internet **9-11**

MATERIALS

- ✓ Access to the internet
- ✓ Family Scenario cards
- ✓ Healthy eating plate (optional)



ACTIVITY



This activity will encourage pupils to investigate ways people can reduce their spending to allow them to save money more easily.

Explain that we can save money by spending less in our everyday lives. Food is one area of our lives where we can consider reducing our spending.

Split the class into teams of around 4/5, give each team a Family Scenario card. Challenge the groups to design a meal for the family on their card.

When designing their meal, they should consider:

- What does their family like to eat?**
- What dietary requirements do their family members have?**
- What equipment will the family need for cooking?**

After 20 minutes, stop the groups and explain that there's been a change of plan! The family are now looking to save money on their weekly shopping, so they've set a budget of £5 for their meal.

Now, challenge the teams with creating their family meal for £5 or less?

Encourage the pupils to think about how they might lower their costs and save their family money – can they change some of the ingredients, buy the ingredients from a different shop or use less of certain ingredients? Groups could even consider food-sharing options. Could two families share ingredients to bring the costs down?

Pupils can search for prices online or they could visit the local shop and take photos of shelving prices.

Ask the teams to present their meals to the class, which meal would the pupils prefer?



DISCUSSION POINTS

What do they need to think about when planning a meal? Feeling full, healthy eating? You could use the Healthy Eating Plate image as a tool. <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>



EXTENSION OPPORTUNITIES

Pick the best meal and task the class to cook it.

Create a recipe book from the pupils' meal ideas and sell this to parents/community.

Task the children to take their meal ideas home and cook them with their families.

RESOURCE



FAMILY SCENARIO CARDS

USE WITH ACTIVITIES 2,3,4

FAMILY 1 Nafyri family

(Vegetarian)



Kalafe - Dad

Nenet - Mum

Nubia - Child

Jafari - Child

FAMILY 2 Ansley family



Imani - Mum

Numa - Grandma (won't eat lamb)

TJ - Child (nut allergy)

Shanya - Teenager (having a go at being vegan)

A dog called Archer

FAMILY 3 Rahman family



Eesa - Dad (pescatarian - doesn't eat meat, only eats fish)

Sunum - Mum (vegetarian)

Ravvie - Toddler (just trying new tastes and textures)

Zahra - Child

A cat called Oreo

FAMILY 4 Wysocki family

(dairy free diet, as dairy makes the family very sick)



Tomeck - Dad

Jan - Dad

Michal - Teenager

Zofia - Teenager

A tropical fish tank full of beautiful fish, 2 snails and a frog

FAMILY 5 Griffiths family (they can't eat bread or pasta because it can make their mum very ill)



Roger - Dad

Sian - Mum

Ryan - Baby

Shell - Teenager

2 Hamsters called Peanut and Butter

A tortoise called Bob

FAMILY 6 Campbell family



Jane - Mum (can't eat rice)

Angie - Mum

Poppy - Child

Theo - Child (won't eat green vegetables)