

# Recipe Roundup

## Activity Description

Children work with a family member to choose a favourite family meal or recipe that they can make together.

## Learning Goals

Build an understanding of basic budgeting skills when making a meal or recipe and practise cooking with their family (including measuring ingredients and following instructions).

## Materials

- Grocery Store Flyers (paper copies or online)
- Grocery List Template (included)
- Recipe Card (included)

## Activity Instructions

1. As a family, decide on a meal or recipe you will make together and create a list of the ingredients needed (including those you already have and those you need to purchase). If you have a specific budget, share it before creating your grocery list.
2. Locate the ingredients you already have. Use the template provided to create a grocery list of ingredients to purchase.
3. Next, show your child how to use a calculator to calculate the total cost of the items you need to purchase (with or without tax depending on age).
4. Prepare the meal together and fill out the Recipe Card (to be brought back to school to be included as part of a class cookbook).

## Discuss the following questions as a family:

- What are some benefits of making your own meals (e.g., you know the source of the food, the food is fresh, spending time with your family)?
- What are some challenges of making your own meals (e.g., it takes time to plan ahead, we may not have time to cook on busy days)?
- What are some habits our family can adopt to help save money when grocery shopping (e.g., compare prices, buy items when they are on sale, grow or harvest some of the ingredients ourselves)?