



Financial Literacy: Secondary Culinary Skills

Alternative Courses (Culinary Skills KTTANS)	
Curriculum Expectation:	Learning Goals:
Students will explore the safe food handling practices, budgeting, nutrition and food preparation skills they need to cook independently and create healthy meals.	At the end of the lesson students will chose a healthy lunch recipe based on ingredients costs that are within their budget.
Instructional Components and Context:	
Readiness: <ul style="list-style-type: none"> ▪ Demonstrate knowledge of a healthy lunch based on Canada's Food Guide (previous list of suitable lunches) ▪ Add up funds available for the lunch. ▪ Estimate quantity of ingredients based on number of meals required ▪ Recipes retrieved from previous term 	Materials: <ul style="list-style-type: none"> ▪ Newspaper or on-line food flyers from local grocery stores. ▪ Computer for recipe, quantities and prices template. ▪ Food price wall listing regular price of staples.

Minds On:	
<p>In three teacher-created groups, students choose from a selection of healthy recipes, what their group would like to make.</p> <p>Students select their positions in the group (recorder on the computer, food inventory checker, group spokesperson, food price investigators, or mathematician)</p>	
Action:	
<p>One group works independently and the other two are assisted by the teacher or education assistant.</p> <p>Recorder lists the ingredients on the computer template and estimates the amount required for the class with the help of the mathematician</p> <p>Food inventory checker records what food items are on hand.</p> <p>Food price investigators check flyers to see if required food items are on sale at local stores and give sale or regular prices.</p> <p>Mathematician will total the cost of the required items and compare it to the money on hand.</p>	
Consolidation:	
<p>Group spokesperson will present findings to class to see which lunch is most cost effective that week.</p> <p>Students discuss other factors that could influence the choice of the lunch menu.</p>	<p>Next Step:</p> <p>Shop for groceries and comparison shop in the store. (availability, quality, nutritional value, discounts) then do the final tabulation of price.</p>