

Names _____

Task #3

Plan **HEALTHY** meals for 3 days using only items found in the ad. Try to only purchase items that are lower in fat, and balanced with fruits and vegetables. You must plan for breakfast, lunch, dinner, beverages and any snacks. Items with large quantities i.e. 1 gallon milk may be used in more than one meal and only added **ONCE** to the cost. Calculate the total cost.

Day 1	Cost	Day 2	Cost	Day 3	Cost
Breakfast		Breakfast		Breakfast	
Lunch		Lunch		Lunch	
Dinner		Dinner		Dinner	
Snacks		Beverages		Condiments	

Total Cost \$ _____

Comparison

How many bottles of Sun detergent need to be purchased to equal the number of washings in the bottle of Tide? 2

What is the difference in price?

Which would you buy?

Why?

Compare Parkay Margarine, Blue Bonnet Spread and Challenge Butter.

Considering the price and ounces of each product which product would you be most likely to buy?

Why do you think the cost is so much greater for real butter?

What is the cost per pound difference between Chicken half breasts with ribs attached and Foster Farms Boneless Skinless Chicken Breasts?

What are advantages and disadvantages of purchasing each?

List 3 insights that you gained from this assignment.