



Handout 01.18: Project Plan Sheet, Feed a Family of Four on \$40

Name: _____ Date: _____ Team: _____ Family card: _____

Team roles: Planner _____ Shopper _____ Nutrition Checker _____

Presenter _____ Second Shopper _____ Recorder _____ Materials

Manager _____

Store and circular dates: _____

Part 1: The plan (Day 1)

Read your family card. Underline every rule. Copy the rules here:







Already in the pantry (from the card): _____

Dish	MyPlate group(s)	Who on the card eats it?	Time to make
Main:			
Vegetable:			
Grain (if the main has none):			
Fruit or second vegetable:			
Drink (water is free):			

Station dish (the one dish we will cook in the lab; circle it above and write it here):

Does the station dish fit the room's rules? No knives ☐ Pre-cooked meat only ☐ Stovetop and oven only ☐ Cooks in 20 minutes ☐ Teacher can drain and handle the oven ☐

My guess for the total before pricing (Day 2 do now): \$_____

Part 2: Pricing to the penny (Day 2)

Rules: every line has a unit. You pay for the whole package, not the part you use. Pantry items are \$0 and marked "pantry." Sale prices count only if the sale is on this week.

Worked row: Marinara sauce, 24 oz jar, \$2.29, per jar, need 1 jar, cost \$2.29, running total \$2.29.

#	Item (product and brand)	Size	Price	Unit (per jar, per lb, per bag, each)	How many to buy for four	Cost	Running total
1							
2							
3							
4							
5							
6							

7							
8							
9							
10							
11							
12							

First total: \$_____ Over or under \$40? ____ By how much? \$_____

Cost per person (final total divided by 4): \$_____

Part 3: MyPlate check (Nutrition Checker)

Group	Covered?	Which dish?
Fruits	[]	
Vegetables	[]	
Grains	[]	
Protein foods	[]	
Dairy	[]	

Groups covered: _____ of 5 (need at least 4).

Family card check: does any dish break a rule? For each rule, write the dish you checked and "OK" or the problem.

1. Rule: _____ Checked: _____ Result: _____
2. Rule: _____ Checked: _____ Result: _____
3. Rule: _____ Checked: _____ Result: _____

Part 4: Revision log

Every change gets one line and one sentence. Swap, downsize, or drop one item at a time and recalculate.

Change #	What we changed (from what to what)	Why (over the cap, missing a group, broke a rule, better price)	New running total
1			



2			
3			
4			

Final total: \$_____ (at or under \$40) Teacher sign off: _____ (Day 2) _____ (after peer check, Lesson 1.19)

Part 5: Station dish rough cost (against \$20)

Ingredients for seven tasting portions of the station dish. Most quantities are the same as for four full servings.

Item	Size	Price	Unit	How many	Cost

Station dish total: \$_____ (must be \$20 or under). Pantry items in the FACS room (foil, plates, cooking spray, salt, garlic powder) are \$0.

Back of the sheet: the visual plan template

Draw a paper plate. Divide it into the five MyPlate sections (fruits and vegetables on one half; grains and protein on the other half; a small circle for dairy beside it). Write the dish in each section and its cost under it. Write the running total in a box at the bottom. Plan on the plate first if that is easier, then copy to the table.

Sentence starters (Turkish, Portuguese, and Spanish versions are on the project sheet):

- We chose _____ instead of _____ to save money.
- This family cannot eat _____ because _____.
- Our total is _____, which is _____ per person.