

Choosing Recipes on a Budget

Goal	Introduce how to choose healthy recipes on a budget.
Objectives	At the end of this lesson you will f: <ol style="list-style-type: none">1. How to choose healthy recipes.2. The cheapest ingredients to use when cooking.3. How to prepare as much food as possible for the smallest price.
Length	This lesson will take approximately 20 minutes to complete.
Content outline	<ol style="list-style-type: none">1. Shopping on a Budget.2. Choosing Recipes.
Learning Activities	Learners will engage in the following activities during this lesson Watch PowerPoint presentations.
Evaluation Strategy	I will know learners have mastered this content by: Quizzes at the end of the presentation.