

Meal Math Shopping Challenge!

PART 1 Are you a savvy food shopper? Find out with this math challenge. Remember to make good dietary decisions, be budget conscious, and shop to reduce food waste. You can use the back of this sheet for your calculations.

1 What is a unit price? Why is it important when figuring out the value of a product and comparing it with other products in the same category?

2 Imagine that you are shopping for yogurt. Check the option you think offers the better value for a family.

- Individual 6-ounce yogurt that costs \$1.29
- 32-ounce container of yogurt that costs \$4.99

Now list some of the factors you considered to make your choice. For example, number of people in the family, the unit price, number of servings, potential for leftovers, expiration date, etc.

3 Here are three options for frozen chicken nuggets and key per serving nutrition facts for each one. Which option is most likely the healthier choice? Why?

- Option 1: 14 grams protein, 6 grams total fat, 600 mg (milligrams) sodium
- Option 2: 15 grams protein, 5 grams total fat, 550 mg sodium
- Option 3: 12 grams protein, 4 grams total fat, 800 mg sodium

4 Forty percent of food in the United States does not get eaten because it gets moldy in the fridge, gets damaged in processing, or doesn't look good enough to be put on display in markets. If this rate is applied to a moderate food budget for a family of four — \$301.20 a week — how much money could potentially be wasted in a week? \$ _____

How could a family reduce this potential food waste?

5 You have a coupon for “buy 2, get 1 free” of a product you eat occasionally. The cost of one is \$3.89. How much are you paying for each one if you take all three? \$ _____

What questions would you ask yourself to decide whether to purchase the items using the coupon?

6 You are creating a meal for six guests. You are using refrigerated and frozen foods because you had to shop earlier in the week and fresh foods would not last. Using the website [EasyHomeMeals.com/?s=healthy+recipes&source=main](https://www.easyhomemeals.com/?s=healthy+recipes&source=main), choose what you will serve as the entree, side dish, and dessert.

Entree: _____

Side Dish: _____

Dessert: _____

Now estimate the total cost of hosting the meal: \$ _____

PART 2 With your team, create three math challenge questions of your own to test your classmates' food shopping savvy.



Go to [EasyHomeMeals.com](https://www.EasyHomeMeals.com) to explore how you can build budget-conscious menus using frozen and refrigerated foods!