

# Roads to Learning and Earning

## Lesson Plan



**Topic/Title of Plan: Meal Planning**

**Lesson Developed By: Mary Holt and Matt Johnson**

**School: Triton High School**

<b>Objective Being Taught</b>	Students will create a meal plan that includes a budget, healthy meal options, local farmers markets, sales, and couponing. Independent Living
<b>RTLE Matrix Objective</b>	With support from community agencies, provide families and students with housing, financial, and community mapping resources needed for achieving their goals in the community.
<b>Student Audience/Length</b>	OCS High School Students
<b>Materials/Resources Needed</b>	Coupons, Weekly Shopping Flyer, Budget Template, Shopping List, Meal Planner Template, Grocery Shopping Options List
<b>Teaching Procedure</b>	Students will use all resources to form a menu, shopping list and the most cost efficient manner to meet budgetary restrictions.
<b>Check for Understanding and Assessment of Lesson</b>	Students will be able to independently: 1) Create a 7-day meal plan within their budget 2) Compile a shopping list of needed ingredients 3) Shop sales to create meals for the lowest, most cost-effective way.
<b>Wrap Up/Review</b>	Review why students need to be aware of sales, healthy eating habits, and meal planning around nutritional needs.  Students will create a meal plan for a family of 4.