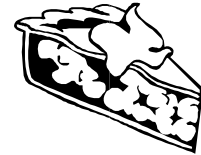




Using a spreadsheet (4) Science/ICT



Your task is to plan a healthy menu for a day for a family of four.
Your budget is £20.

1. Discuss with your partner the types of food needed to provide a varied and adequate diet. Refer to the Food Groups fact file and the Wheel of Healthy Eating if you need help.
2. Gather information on prices. You could use the internet to find prices. www.sainsburystoyou.com will let you browse the shop and find prices.
3. Enter your information onto a spreadsheet. Calculate the total cost of the meals for four people. Is it within your budget?
4. Save and print your spreadsheet then use Word to present your menu.
5. Compare your menu with the others produced by your class. Do they contain the right balance of different types of foods?

