



# Meal for £5

## Task

Design a healthy meal for four people that will cost £5.

Find out which meal foods are expensive and cost less. Foods like rump steak and types of fish can be expensive.

For your £5 meal, choose cheaper foods with high nutritional value such as eggs, cheese, peas, beans and lentils and buy seasonal fruits and vegetables to keep in budget.

Create your recipes in My Recipes.

This is the choice

- Chilli con carne
- Boiled rice
- Apple crumble
- Custard.

Write the cost of each recipe and add up the total cost. If you think prices are different to those on the Nutrition Program click the Edit button and change them. You can check supermarket on the internet.

In this example, the total meal costs £4.93.

If your meal is within the £5 budget you can proceed to see if it is healthy. If it costs more than £5 make some changes.

Go to My Meals.

Choose the average age for the people you are designing for.

For example if it is two parents (aged 40) and two teenagers (15), the average age is 28 years. Choose male or female.

Name	Amount Used	Cost for 100g	Cost Recipe	Cost Portion
carrots, raw	300 g	£0.14	£0.42	£0.11
oil	3 g	£0.04	£0.00	£0.00
tomato purée	20 g	£0.15	£0.03	£0.01
chilli powder	3 g	£1.51	£0.05	£0.01
red kidney beans, canned, drained	400 g	£0.06	£0.24	£0.06
spaghetti, red, raw	160 g	£0.20	£0.32	£0.08
onions, cooked, whole contents	600 g	£0.10	£0.60	£0.15
minced beef, raw	500 g	£0.30	£1.50	£0.38
corn oil	30 g	£0.04	£0.09	£0.02
<b>Total:</b>	<b>1,816 g</b>	<b>£0.15</b>	<b>£2.96</b>	<b>£0.71</b>

This is the costing for Chilli con carne

Name	Amount Used	Cost for 100g	Cost Recipe	Cost Portion
flour, soft white, white	200 g	£0.06	£0.12	£0.03
sugar, brown	70 g	£0.13	£0.09	£0.02
ground spice	3 g	£1.32	£0.03	£0.01
apples, cooking, stewed with sugar	300 g	£0.25	£0.75	£0.13
butter, salted	30 g	£0.48	£0.14	£0.02
<b>Total:</b>	<b>605 g</b>	<b>£0.19</b>	<b>£1.11</b>	<b>£0.19</b>

This is the costing for Apple crumble - you can edit the cost.

Name	Amount Used	Cost for 100g	Cost Recipe	Cost Portion
rice, long grain, raw	400 g	£0.13	£0.52	£0.13
water	600 g	£0.00	£0.00	£0.00
salt	5 g	£0.04	£0.00	£0.00
<b>Total:</b>	<b>1,005 g</b>	<b>£0.05</b>	<b>£0.52</b>	<b>£0.13</b>

This is the costing for Boiled rice

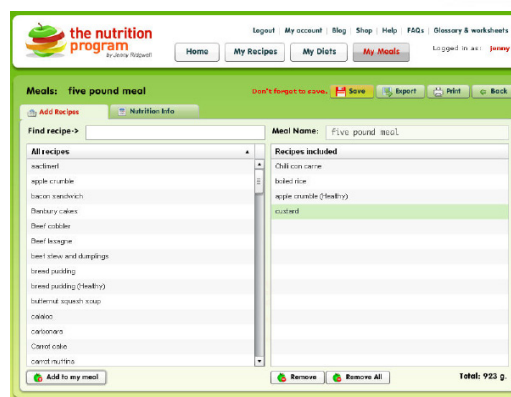


# Meal for £5

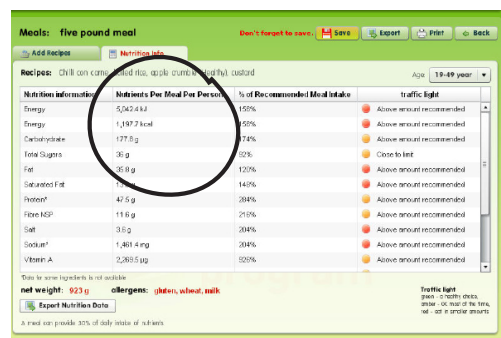
Enter the recipes and foods into your meal.

In this example when all the recipes have been added, you can see that the meal provides more calories (energy) than is needed, so the portion sizes need to be reduced. Go back to the recipes and change something – in this case, the amount of meat in the Chilli con carne is reduced. The portion sizes of all the recipes needs to be looked at as the meal supplies too much food, so these have been changed. Analyse the results.

The final meal meets the targets, but the amount of salt in the meal is too high. This screen shows the final analysis of the meal which is quite healthy.



The four meals are added to My Meals



My Meals shows the nutritional analysis

## five pound meal

**age:** 19-49 years

**sex:** male

**meal:** dinner

**recipes:** Chilli con carne, boiled rice, apple crumble (Healthy), custard

**net weight:** 612 g

**allergens:** gluten, wheat, milk

### Nutrition Information

Nutrition	Nutrients Per Meal Per Person	% of Recommended Meal Intake	traffic light
Energy	3,493.7 kJ	108%	amber : Above amount recommended
Energy	828.6 kcal	108%	amber : Above amount recommended
Carbohydrate	136.4 g	133%	amber : Above amount recommended
Total Sugars	29.1 g	74%	green : Below limit
Fat	21.2 g	71%	green : Below limit
Saturated Fat	8.8 g	95%	amber : Close to limit
Protein*	28.2 g	169%	amber : Above amount recommended
Fibre NSP	6.9 g	129%	green : close to recommended
Salt	2.1 g	121%	red : Above amount recommended
Sodium*	870.7 mg	121%	red : Above amount recommended
Vitamin A	1,191.4 µg	486%	amber : Above amount recommended
Vitamin C	42.2 mg	301%	amber : Above amount recommended
Folate*	50.6 µg	72%	amber : Below amount recommended
Calcium*	247.2 mg	100%	green : close to recommended
Iron	3.6 mg	121%	amber : Above amount recommended
Zinc*	3.6 mg	109%	green : close to recommended

\*Data for some ingredients is not available  
A meal can provide 30% of daily intake of nutrients

**Traffic Light**  
green - a healthy choice,  
amber - OK most of the time,  
red - eat in smaller amounts



# Meal for £5

## Task

1. Complete the costing task and fill in the chart with the total cost of the meal.

	Cost per dish
Chilli con carne	
Boiled rice	
Apple crumble	
Custard	
Total cost	

If it is £5 or under you have met the task.

If more than £5 change the ingredients or the portion size and test again.

## Further work

1. Choose your own two course meal for £5.

- Put the recipes into My Recipes.
- List the costs and add up the total cost.
- Does the meal cost more than £5?  
If so, make changes and test again.
- Go to My Meals.
- Put your recipes into My Meals.
- Look at the Nutrition info.
- Is the meal healthy?

Give 3 reasons for your answer.

- 1.
- 2.
- 3.

2. Find out if the meal is healthy.

Go to My Meals.

Choose the recipes and take a portion into My Meals.

Export the nutrition information and complete a chart like the one below.

Nutrients	Traffic light colour
energy	
carbohydrate	
total sugars	
fat	
saturated fat	
protein	
fibre NSP	
salt	
vitamin A	
vitamin C	
folate	
calcium	
iron	
zinc	

Fill in the chart to show the traffic light system - colour the choices with green, yellow and red.

Write three things about your meal to say if it is healthy or unhealthy.

For example

My meal is high in salt so I must use less.

- 1.
- 2.
- 3.