

# Plan a Meal

This is an activity for one or more people.

**Goal:** To plan and prepare a meal.

**You will need:**

- A recipe
- The ingredients to make your recipe
- Friends/family to eat your recipe

**What to do:**

- Identify what you want to make and who you will be serving.
- Read your recipe carefully. Do you have all the ingredients you need in sufficient quantity to make the recipe(s)? If not, make a shopping list and purchase the missing ingredients.
- Assemble all of the ingredients.
- Look at your recipe(s) carefully. Consider what needs to be done first, second, next, etc. so the timing is correct to get everything finished at the right time.
- Determine how you will serve the food. What do you need?
- Serve the food and enjoy!

**Other things to try:**

- Many cooks look for good buys on ingredients to make their food budgets stretch further. Find out what foods are in season and can be reasonably purchased. Plan a meal around those foods.
- Some cooks consider how much an individual serving of food will cost when planning meals. Look at the money you have to spend on your meal and plan a meal that fits within your budget.

