

## Planning and Problem-Solving Skills

Every day we have to make plans and solve problems. It is important for all of us to be able to make our own decisions and solve our own problems. Some problems are easy to solve, while other problems are more difficult. In order to make a wise choice, you should get all the information you need, explore all your choices, and decide what action to take.

### THINGS FOR YOUR JMG GROUP TO DO:

- ✿ Making A Machine
- ✿ Create A Costume
- ✿ Pass It On
- ✿ Either/Or
- ✿ Let's Make a Case Out of It
- ✿ It's In the Bag



### THINGS FOR YOU TO DO:

#### ✿ Plan and Eat

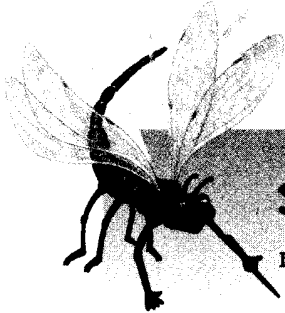
One of the things we do every day that requires planning is preparing a meal. Pretend that you have \$20 to prepare a meal for a family of four. The meal should be healthful, nutritious and delicious. It should include drinks, a main dish such as a meat dish, two vegetables, one fruit, and a bread. Decide what you would like to serve for your meal. You may need to look in magazines or recipe books for ideas.

	What I am serving	How much I need	Equipment I need	What it costs
Drink:	_____	_____	_____	_____
Main dish:	_____	_____	_____	_____
Vegetable:	_____	_____	_____	_____
Vegetable:	_____	_____	_____	_____
Fruit:	_____	_____	_____	_____
Bread:	_____	_____	_____	_____



Now that you've planned your meal, you must decide how much of each item will be needed for the four people in the family. For example, if you are serving corn on the cob, a serving would be one cob for each person. Check the food label on each item for the serving size.

Make a list of the equipment you need to prepare this meal. Ask an adult or friend to help you.



**Some examples of equipment needed**

might be a pan, plates, or a spatula.



By planning ahead and having your equipment ready, you will save time and do a better job of preparing the food. List the equipment you will need below:

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There are several ways to figure the cost of your meal. You can go to the grocery store and check the prices, or you can read newspaper advertisements. It is important to see if there is a difference in cost between different brands. Is there a difference between fresh, frozen and canned food? If you are lucky enough to have a home garden, you can save money and use food from your garden in the meal. Add up the cost of each item on your menu. Is your total \$20.00 or less? Yes No

If not, what could you do to make the meal cost less than \$20.00?

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Share this menu with your family and help prepare it for a meal at your home.

\_\_\_\_\_ date completed  
\_\_\_\_\_ leader/parent initials