

## Healthy & Affordable Meal Planning

by  
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**WebQuest Description:** Creating a three day healthy and affordable meal plan for breakfast, lunch and dinner.

**Grade Level:** 9-12

**Curriculum:** Health / PE

**Keywords:** Budget, Healthy, Personalized

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### Introduction

As students and young adults you are started to have a little more freedom with the planning of your meals and personal life as a whole. Most of your parents make dinner every night and your only choice or decisions of food for the day are sometimes in the morning and probably school lunches. In the near future you will be responsible for not only planning breakfast, lunch and dinner every day but budgeting money to buy the groceries. Exercising and staying active should also be a priority in your future. In this project you will be giving an amount of money for one week and will have to budget your money to have your three meals a day. Along with the meals you will be tracking the nutritional facts and the calories you burn a day on the websites to keep in pace with your goal. The point of the assignment is to prepare students for the day to day living such as budgeting money for food and exercising to stay healthy.

### Tasks

The task at hand is to learn how to budget a certain amount of money while buying groceries. You will be giving money to buy groceries and will also have a certain calorie amount to abide by when choosing your meals. Along with the meals you will be looking up exercises that you will do each day and plug all this information into the websites given to stay within the allowed calorie amount. Being creative with the exercises and meal choices will be the challenge at hand to prepare you for your future adult lives.

### Process

You will be signing up on one of the two websites below at "Loseit.com" or "Myfitnesspal.com" Once you've signed up you will set up a goal and time you want to reach your personal fitness figure. Some of you will be trying to lose weight and some will be trying to gain weight everyone will be different. The website will then give you a calorie per day figure that you will have to abide by to reach your goal.

Below there is a link to a website that has several workouts you can choose from. You must choose from these workouts to plug into the program as well. Make sure you pick workouts that you will actually do and enter realistic times you will be doing the exercises. By doing so the website will recalculate your calorie figure due to the amount of calories burned from your exercises chosen.

You will be given \$50.00 to purchase food from the websites below. The money will have to provide you breakfast, lunch and dinner for each day. REMEMBER you cannot spend more than \$50.00 and have to meet your calorie figure for each day. Trying to spend your money wisely and meeting your calorie intake will be challenging and a look into the future for how to plan!

You will be doing this for 1 week and will be asked to format your plan using Microsoft Word or Excel whichever you feel more comfortable using.

### Evaluation



## Requirements

All requirements are met and exceeded.

All requirements are met.

One requirement was not completely met.

More than one requirement was not completely met.

## Organization

Content is well organized using headings or bulleted lists to group related material.

Uses headings or bulleted lists to organize, but the overall organization of topics appears flawed.

Content is logically organized for the most part.

There was no clear or logical organizational structure, just lots of facts.

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Category and Score					Score
				Total Score	

## Conclusion

The whole purpose of this assignment is to prepare students for their adult lives. In the lesson students will not only be preparing a meal plan but also developing a workout plan as well. By doing so my goal is the assignment will give students an eye opening experience how difficult it can be to plan meals and also have a budget to follow. To throw another curve ball in there they will have to meet certain calorie numbers and configure workouts throughout the week.

## Teacher Page

This is a great exercise for students in the grade levels of around 8th -12th. There are five links available for the students to make this assignment easier. The links are two different calorie and fitness calculators, two food stores to shop from and a website with workouts shown. The students will be getting familiar with the websites that track their calories and exercises then asked to shop for three meals a day for one week. This sounds simple but what makes it challenging they will have a calorie number to follow and that they will have to stay at each day. These websites will show the students exactly how many calories they can have each day to reach their personal goals they programmed. Feel free to tweak the assignment any way you wish to make it more beneficial to you classroom. If you know of any other websites that you would rather use to make it easier for the students let me know! If you have any questions feel free to contact me at [mikemiller@u.boisestate.edu](mailto:mikemiller@u.boisestate.edu)

Curriculum Objectives for 9th -12th grade Health

Nutrition & Physical Activity

For adolescents to learn and achieve to their fullest potential they need to acquire knowledge and skills to make healthy choices in food selection and engage in lifelong physical activity. This knowledge includes the link between healthy eating and exercise with physical, mental, emotional and social health; energy level; self image; and physical fitness.

Injury Prevention & Safety

Unintentional and intentional injuries rank among the greatest threats to the health of adolescence. Adolescents require knowledge that prevention includes safe living habits, healthy decisions, violence prevention, emergency response and an understanding of the consequences of one's decisions.

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