



# Cost 'V' Nutrition



When choosing the food we buy, we are often faced with the decision between cost and nutrition. Your challenge is to create a meal on a budget of £5 for 4 people, you will need to use all your knowledge on portion sizes and the Eatwell Guide, food provenance/seasonality and food labelling / reducing processed foods. You will find that some ingredients can be swapped for cheaper versions without compromising nutrition - are you up to the challenge?

Chosen Meal -		
Shopping List	Price	Nutrition (Good, Average, Poor)