

6-1 Grocery Shopping Project: Individual Person

The Smith family, consisting of two adults, a 15-year-old teenager, and an 8-year-old child, is looking to improve their grocery shopping habits and manage their budget more effectively. They have decided to try the 6 to 1 grocery shopping method to ensure they are eating balanced, nutritious meals without overspending. With a weekly grocery budget of \$150, they need to plan their grocery list, make purchases, and create a weekly menu that satisfies everyone's needs and preferences.

Instructions: Use the scenario provided to fill in the worksheet below. Track your grocery list, categorize the items, and create a weekly menu. Make sure to stay within the \$150 budget.

Part 1: Grocery List and Budget

Vegetables (6):

-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
Total Cost for Vegetables: \$ ____	

Fruits (5):

-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
-----	Cost: \$ ____
Total Cost for Fruits: \$ ____	

Proteins (4):

----- Cost: \$____
----- Cost: \$____
----- Cost: \$____
----- Cost: \$____

Total Cost for Proteins: \$____

Starches (3):

----- Cost: \$____
----- Cost: \$____
----- Cost: \$____

Total Cost for Starches: \$____

Sauces/Spreads (2):

----- Cost: \$____
----- Cost: \$____

Total Cost for Sauces/Spreads: \$____

Treat (1):

----- Cost: \$____

Total Cost for Treat: \$____

Total Grocery Cost: \$____

Part 2: Weekly Menu

Day 1:

Breakfast: -----

Lunch: -----

Dinner: -----

Snack: -----

Treat: _____

Day 2:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 3:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 4:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Day 5:

Breakfast: _____

Lunch: _____

Dinner: _____

Snack: _____

Treat: _____

Part 3: Reflection

1. How did the 6 to 1 method help you plan your grocery shopping and meals?
2. Were you able to stay within the \$150 budget? What strategies did you use to manage costs?
3. How did you ensure nutritional balance in your weekly menu?
4. What challenges did you face, and how did you overcome them?