

Course Overview

Number of Units: 5 Units

Estimated time: 3 - 5 weeks or 9 - 15 hours

OALCF Levels: A1.2, A2.1, A3, B3.1b, C1.1-2

Suggested Milestones: 3 or 4, 8 or 9, 14, 28, 37, 38 or 39

Course Description

A lot of skills are need to make healthy, affordable meals for yourself and family! If you are looking for some help or inspiration, this course is for you. You will learn about budgeting and shopping for groceries to get the most value for your money. Other topics include meal planning, working in the kitchen, and cooking with your family's health in mind. This course includes a variety of delicious, easy-to-make recipes that use simple, inexpensive ingredients. You will also complete a math activity each week that will help you when shopping and cooking.

Summary of activities: Reading, Quizzes, Videos and Journals.

Unit 1: Let's Begin

This unit introduces you to budgeting, meal planning, making grocery lists as well as reading and understanding recipes.

Unit 2: Getting Ready to Shop

Getting ready to shop means that you've got a list of foods, a budget for spending, recipes to follow, and a menu of meals. Those items require some preparation and this unit will help you on your way.

Unit 3: Healthy Eating

The food we eat fuels our bodies and impacts our energy and health. When we are young, we grow better with healthy food. Healthy food helps to build our brains so we can learn. As we get older, healthy food keeps our blood flowing, our muscles strong, and our energy high. Eating healthy food is one of the most important things we can do to live a happy, long life. In this unit you will learn about basic food groups.

Unit 4: Working in the Kitchen

This unit gives tips to help you feel more comfortable in the kitchen. You will read about common utensils and appliances, as well as safe food handling. If you are interested in learning more, food banks and small grocery stores frequently offer classes or workshops on cooking basics, or they might be able to connect you with an agency that does.

Unit 5: Time Management

We are all busy, and if you have a family to feed, you will have limited time to plan, shop, and cook. One way to make feeding your family easier is to create a system for managing your time and this unit will give you helpful tips on how you can do more in less time.