

3. Plan a menu for a balanced ONE MEAL for your group or family.

<input type="checkbox"/> Group <input type="checkbox"/> Family (SELECT ONE)

Determine the budget for the meal.

ITEM	QUANTITY	PRICE
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
Total		\$_____.

Shop for the items on your menu while staying within your budget. What did you buy, and how much did it cost?

ITEM	QUANTITY	PRICE
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
Total		\$ _____.

4. Prepare a balanced meal for your den or family; utilize one of the methods below for preparation of part of your meal:

- a. Camp stove**
- b. Dutch oven**
- c. Boxoven**
- d. Solar oven**
- e. Open campfire or charcoal**

What did you prepare?

- 5. Demonstrate an understanding of food safety practices while preparing the meal.**