

Answer Key for Review Questions Sheet 3 for  
“Feed Your Family of Four for \$4 a Day” —  
Budget Friendly Menu Planning

PILINUT PRESS, INC.

Name: \_\_\_\_\_

1. What three types of foods can be easily limited in order to both improve nutrition and lower your food budget?

- a. sweets
- b. chips
- c. sugared drinks

2. If a recipe suggests serving a meal with noodles, but you do not have noodles on hand, what could you use as a substitute? Name at least two.

Any of the following: potatoes, rice, couscous, bread or toast

3.  T or  F Measuring your portion sizes is an excellent way to ensure proper nutrition and stretch food dollars.

4. Some types of meals are both cost cutting and nutritionally sound. Circle those that meet these two considerations.

Soup  
 Stew

Steak & Potatoes  
 Chili

Casserole  
Roast Beef

Leg of Lamb & Rice  
Lobster Newburg

5. Name three of the least expensive sources of protein.

Any of the following: milk, beans, eggs, frozen ground meats, peanut butter

6. Water is a very important nutrient. How much water should you drink each day?  64 oz or eight 8 oz glasses

7.  T or  F Planning your menu can help you save money on groceries because you will buy only what you need.