

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

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Name: _____

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

- a. _____
- b. _____
- c. _____

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.

- a. _____
- b. _____

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	Steak & Potatoes	Casserole	Leg of Lamb & Rice
Stew	Chili	Roast Beef	Lobster Newburg

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

- a. _____
- b. _____
- c. _____

6. Water is a very important nutrient. How much water should you drink each day? _____

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

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