

Lesson 7 - Convenience Foods versus Homemade Foods

Purpose: To compare the cost of convenience foods and homemade foods.

Instructor's Note: Convenience foods are processed foods that require very little, if any, preparation at home. They include canned soup, frozen vegetables, frozen dinners, pre-washed salads and vegetables, salad dressings, etc. They usually cost more than food made from scratch but they are quicker to prepare. The time saved in preparation is usually reflected by a higher cost.

Convenience foods can be used to make up for lack of cooking skills or to save time. For example, buying canned spaghetti sauce.

Activity 1

Literacy Stage 1

1. Talk about the advantages and disadvantages of using convenience foods. Show learners a food receipt that has the cost of a can of Chili Con Carne on it. Write the cost on a flipchart.
2. Hand out the [Chili Con Carne \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You're Cooking*. Read the recipe together as a group. Show learners a food receipt that has the ingredients for the homemade chili.
3. Write down the cost of the ingredients on a flip chart or white board and total the costs. Discuss the difference in costs.
4. Ask learners whether they think the homemade chili or the can of chili is the better buy based on cost. Discuss results.

Activity 2

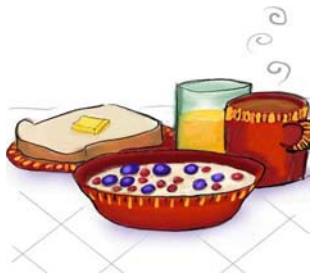
Literacy Stage 2

1. Hand out the [Chili Con Carne \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You're Cooking*.
2. Ask learners to write out a shopping list for the recipe.
3. Hand out a food receipt that has the recipe ingredients of Chili Con Carne and a can of Chili Con Carne.
4. Write down the cost of each ingredient on their shopping list and total the cost for homemade chili. Compare the cost of the canned chili to the cost of the homemade recipe.

Activity 3

Literacy Stage 3

1. Hand out the [Chili Con Carne \(Imperial\)](#) or [\(Metric\)](#) recipe from *Now You're Cooking*. Have learners read it out loud. Discuss measures, cooking equipment and cooking terms.
2. Demonstrate each step of the recipe to the group. Have learners break into groups and make the recipe.
3. Hand out [Activity Sheet 2.7: Compare Homemade to Convenience](#). Ask learners to write down the ingredients, the cost of the ingredients, the time it took to make the recipe and the number of servings it made. Discuss findings as a group.
4. Compare the cost and taste of homemade chili to canned chili.



Tip: If possible, make the homemade and the canned chili before hand, so that learners can sample them.

You will need for Activities 1 - 3:

Recipe ingredients
Food receipt or bill
Flip chart or white board
Cooking facilities and equipment (for Activity 3 only)

Developed by
Basic Skills for Living Project
Manitoba Association of Home Economists – Winnipeg Branch
Box 1961
Winnipeg MB
R3C 3R2 Canada

e-mail:
info@basicskillsforliving.ca

