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Home economics jss2 assignment

Question

A family of four has a monthly food budget of 50,000.how

Would you advise them to allocate this budget to ensure they have

A balance diet?

Answer

To allocate a ₦50,000 monthly food budget for a family of four effectively and ensure a balanced diet, consider the following steps:

\*1. Break Down the Budget\*

- Divide the ₦50,000 into categories like grains, proteins, vegetables, fruits, and fats. A rough allocation could be:

- \*Grains (rice, pasta, bread):\* ₦15,000 (30%)

- \*Proteins (meat, fish, eggs, beans):\* ₦12,500 (25%)

- \*Vegetables and Fruits:\* ₦10,000 (20%)

- \*Fats and Oils:\* ₦5,000 (10%)

- \*Miscellaneous (spices, condiments):\* ₦7,500 (15%)

\*2. Plan Meals in Advance\*

- Create a weekly meal plan to avoid wastage and ensure variety. Focus on staple foods like rice, beans, yams, and plantains, which are affordable and nutritious.

\*3. Buy in Bulk\*

- Purchase non-perishable items like rice, beans, and pasta in bulk to save money. This reduces cost per unit and ensures you have essentials on hand.

\*4. Prioritize Seasonal Produce\*

- Buy fruits and vegetables that are in season to get better prices. Seasonal produce is often fresher and cheaper.

\*5. Limit Processed Foods\*

- Processed foods tend to be more expensive and less nutritious. Opt for whole foods like fresh vegetables, fruits, and whole grains.

\*6. Cook at Home\*

- Cooking at home is generally cheaper and healthier than eating out. Prepare meals in larger quantities and store leftovers for later.

\*7. Shop Smart\*

- Compare prices at different markets or shops. Local markets often offer better deals on fresh produce and staples.

\*8. Use Nutrition-Dense Foods\*

- Focus on nutrient-rich foods like beans, eggs, sweet potatoes, and leafy greens. These provide essential vitamins and minerals without being expensive.

\*9. Avoid Food Waste\*

- Plan meals based on what you already have at home to reduce waste. Use leftovers creatively to stretch your budget.

\*10. Stay Hydrated with Water\*

- Instead of spending on sugary drinks, prioritize water. It’s essential for health and is inexpensive.

By following these steps, the family can make the most of their ₦50,000 budget while ensuring they have a balanced and nutritious diet. Let me know if you need more specific meal plans or budgeting tips!