NAME: EREMIYE ENIOLA

CLASS: JSS 2

SUBJECT : HOME ECONOMICS

HOME ECONOMICS ASSIGNMENT

1) A family of four has a monthly food budget of 50,000 naira. How would you advise them to allocate this budget to ensure they have a balanced diet?

ANSWERS

1)Allocating a monthly food budget of ₦50,000 for a family of four requires careful planning to ensure a balanced diet. Here's a suggested allocation:

Breakdown of Monthly Food Budget

1. \*Staples (40%): ₦20,000\*

- Rice: ₦8,000

- Pasta: ₦2,000

- Bread: ₦2,000

- Potatoes: ₦2,000

- Other grains (oats, etc.): ₦6,000

2. \*Proteins (25%): ₦12,500\*

- Chicken: ₦4,000

- Fish: ₦2,500

- Beans: ₦2,000

- Eggs: ₦2,000

- Dairy products (milk, cheese): ₦2,000

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

- Fresh fruits: ₦4,000

- Fresh vegetables: ₦3,000

- Frozen/Canned fruits and vegetables: ₦2,000

- Juices and smoothies: ₦1,000

4. \*Dairy and Snacks (10%): ₦5,000\*

- Snacks (nuts, crackers): ₦2,000

- Baked goods (cakes, pastries): ₦1,000

- Dairy snacks (yogurt, cheese): ₦1,000

- Beverages (juice, soda): ₦1,000

5. \*Miscellaneous (5%): ₦2,500\*

- Cooking oil: ₦1,000

- Spices and seasonings: ₦500

- Condiments: ₦500

- Food storage and preparation: ₦500

Tips for a Balanced Diet

1. \*Eat a variety of foods\*: Include a range of fruits, vegetables, whole grains, lean proteins, and healthy fats in your diet.

2. \*Limit processed and packaged foods\*: Try to limit your intake of processed and packaged foods, which are often high in unhealthy ingredients.

3. \*Cook at home\*: Cooking at home allows you to control the ingredients and portion sizes of your meals.

4. \*Avoid food waste\*: Plan your meals and make a grocery list to avoid buying too much food that may go to waste.

5. \*Stay hydrated\*: Drink plenty of water throughout the day to stay hydrated.