



# Money Manager

The '5 a day' budget challenge



**Pupils Profit**  
Enterprise based PSHE learning



## '5 a day' challenge

Name:

Class:



### Plan a healthy '5 a day' budget for your family

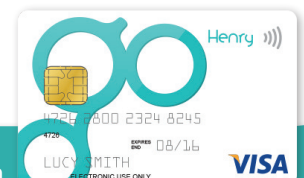
- To see how many people can enjoy their '5 a day' for £5.00.
- Remember you should try to have fruit **and** vegetables, and aim for as many different colours as you can.
- For this exercise we are asking you not to have a food more than once, because different foods contain different vitamins and minerals and therefore a wide variety is the best way to nourish your bodies!



### The costs

Vegetables	Colour	Cost per Portion
Carrots	Orange	£0.12
Cucumber	Green	£0.15
Fresh Peas	Green	£0.30
Frozen Peas	Green	£0.07
Sweetcorn	Yellow	£0.25

Fruit	Colour	Cost per Portion
Apple	Green	£0.30
Banana	Yellow	£0.30
Blueberries	Blue	£0.60
Grapes	Purple	£0.40
Raspberries	Red	£0.70
Strawberries	Red	£0.60



Learn more about business by opening up a Pupils Profit shop in your school. [pupilsprofit.com](https://pupilsprofit.com) | [info@pupilsprofit.com](mailto:info@pupilsprofit.com)

Learn how to manage your own budgets at home using a goHenry pre-paid debit card; if you sign up via Pupils Profit you'll get the best deal available.

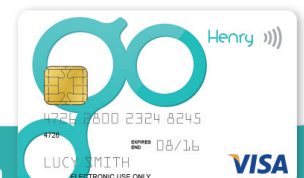
[pupilsprofit.com/Money\\_Manager.html](https://pupilsprofit.com/Money_Manager.html)



## The budget planner

5 a day		People in your family						
		Example for 2 Person	1 Person	2 Person	3 Person	4 Person	5 Person	6 Person
1st portion of fruit or veg	: Carrots							
	X: 2 x £0.12							
	: Orange (colour)							
	£: £0.24							
2nd portion of fruit or veg	: Sweetcorn							
	X: 2 x £0.25							
	: Yellow							
	£: £0.50							
3rd portion of fruit or veg	: Apple							
	X: 2 x £0.30							
	: Green							
	£: £0.60							
4th portion of fruit or veg	: Blueberries							
	X: 2 x £0.60							
	: Blue							
	£: £1.20							
5th portion of fruit or veg	: Raspberries							
	X: 2 x £0.70							
	: Red							
	£: £1.40							
Total (if below £5 add ✓)		£ 3.94 ✓	£	£	£	£	£	£
Fruit & Veg (Yes ✓   No X)		✓						
Colours (if 5 add ✓)		5 ✓						

**!** Don't waste your fruit and vegetables – they count towards your '5 a day', and they cost a lot of money too!



Learn how to manage your own budgets at home using a goHenry pre-paid debit card; if you sign up via Pupils Profit you'll get the best deal available.

[pupilsprofit.com/Money\\_Manager.html](https://pupilsprofit.com/Money_Manager.html)

Learn more about business by opening up a Pupils Profit shop in your school. [pupilsprofit.com](https://pupilsprofit.com) | [info@pupilsprofit.com](mailto:info@pupilsprofit.com)