



# 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



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## The budget planner

5 a day		People in your family					
		Example for 2 Person	1 Person	2 Person	3 Person	4 Person	5 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!



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