

Healthy Meal PowerPoint Assignment

Calculating the nutritional value of your Healthy Meal

Step #1: Choose a healthy meal. (It can be from memory or an online recipe)

Step #2: List all the ingredients needed to prepare your meal

Step #3: Use the website: (www.nutritionvalue.org/) to calculate:

- Calories
- Fat
- Sodium
- Carbohydrates
- Protein

Calculating the cost of your Healthy Meal

You can shop from any of the following websites to help price out your healthy meal. Just click on the [blue link below](#) to be taken to their online shopping sites. While you are online shopping, be sure to note the cost of your ingredient and the store you purchased it from. Ensure you calculate accurate and add that cost to your overall meal cost. **In most cases, there are not taxes on food products, so there is no need to worry about additional tax.**

[Willowbrook Superstore](#)

[Walnut Grove Save-on-Foods](#)

[Willowbrook Walmart Supercentre](#)

Putting it all together!

While it would be great to go shopping and prepare a meal in class, realistically that isn't possible during our time together. However, *if you can go shopping this weekend* and prepare, cook and eat your meal, that would be **AWESOME!** *(Please just remember to take lots of photos)*

*If you cannot go shopping or cook your meal this weekend, simply use images of your food from the stock photos in PowerPoint or the internet to create a slide show of the process of making your healthy meal. *

Here's what you'll need to include in your Healthy Meal PowerPoint.

- 1) A **title slide** with your name and the name of your healthy meal.
- 2) **Ingredients slides** that include images of the ingredients along with their nutritional values, prices, and where you bought them.
- 3) A **final slide** that shows the total cost and overall nutritional value of your healthy meal.