



Lesson #3: Food Access Options

Lesson Focus & Goals

- Students will examine the relationship between food cost, calories, and nutrition.

Materials Needed

- Printed Menus with prices and nutritional information
- Calculators

Student Learning Objectives

- Compare food cost per calorie between fast food and fresh food.
- Practice budgeting skills to stretch SNAP benefits for one month.

Lesson Components

Hook (5 min):

- Ask: "If you had \$10 for dinner, what would you buy?"
- If you were experiencing food insecurity, and were unsure when your next meal would be, what would you buy with \$10?
- Students will [watch this video](#) highlighting the challenges of shopping for healthy food in a food desert.
- Discussion Questions:
 - Beyond immediate hunger, how does a lack of access to quality, fresh food contribute to long-term health issues within a community?
 - How do factors like transportation costs and the price of healthy food act as barriers, even if a distant grocery store exists?

Menu Comparison (30 min):

- In pairs, students calculate cost-per-calorie for a few items from each menu.
 - Provide students with the 2 menu types. One is a fast-food restaurant and the other is a locally owned cafe that utilizes local food sources.

- Students will use the worksheet to plan scenarios of how to stretch a small amount of money to feed themselves and 1 family member with \$20. In this activity, they will also calculate the calories of each meal.
- Discussion:
 - What did you notice during this activity?
 - Which menu gave more calories per dollar?
 - What trade-offs are being made (nutrition vs. affordability)?