

# RECIPE PLANNING CHALLENGE

## Description

This activity encourages to delve into mathematical concepts by planning a recipe. Through ingredient adjustments, cost estimation, and nutritional analysis, you will gain hands-on experience in applying numerical skills to culinary scenarios.

## Learning Objectives



Engage in a creative and educational activity by planning a recipe, making ingredient adjustments, and understanding numerical concepts.

## Expected Results

Deeper understanding of numerical concepts in the context of cooking and budget planning.

## Time Needed



30 - 60 min

## Learning Setting

Individual or group activity

## Materials Required



Blank Recipe Cards or Paper;  
Pen/Pencil; Calculator  
(optional)

## Practical Tips

- Choose your favorite recipe to make this activity more enjoyable or use the pumpkin biscuits with chocolate or Spaghetti Bolognese recipe provided below.
- Research ingredients prices online or at a local grocery store for accurate cost estimation.
- You can choose easier version by skipping one or few steps (steps 4-7).

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## Step By Step Guidance

1. Choose a recipe for exploration. Example: Pumpkin biscuits with chocolate.
2. Write down the ingredients needed for the recipe on a blank recipe card or sheet of paper.
3. Research the current prices of the ingredients at your local grocery store or online. Calculate the estimated cost of each ingredient and the total cost of the recipe.
4. Adjust the servings of the recipe. For example, if the original recipe serves four people, calculate the measurements for two or six servings .
5. Research the nutritional information for each ingredient. Calculate the total nutritional content for the entire recipe and per serving. Look up the nutritional information for each ingredient. Calculate the total nutritional content for the entire adjusted recipe and per serving .
6. Modify the recipe by using fractional adjustments. For instance, if the original recipe calls for  $\frac{3}{4}$  cup of sugar, adjust it to  $\frac{1}{2}$  cup or 1 cup.
7. Create a visually appealing recipe card or document that includes all the information gathered during the activity. Include a section for notes and reflections.
8. Reflect on the mathematical concepts involved in the activity. Consider how adjustments in measurements, costs, and servings impact the overall recipe. If possible, share your mathematical recipe plan with friends or family. Discuss the challenges faced and the insights gained from the activity.

## Source

SIF

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## Pumpkin biscuits with chocolate

### INGREDIENTS:

☐ 250 g wheat flour

☐ 120 g butter

☐ 120 g brown sugar

☐ 50 g sugar

☐ 120 g chocolate drops

☐ 120 g pumpkin puree (thick)

☐ 1 teaspoon vanilla extract

☐ 1 teaspoon gingerbread spice

☐ 0,5 teaspoon cinnamon

☐ 1,5 teaspoon baking powder

☐ 1/4 teaspoon salt

☐

Number of portions - 16



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## EASY SPAGHETTI BOLOGNESE

### Ingredients

- 2 tbsp olive oil
- 400g / 14oz beef mince
- 1 onion, diced
- 2 garlic cloves, chopped
- 100g / 3½oz carrot, grated
- 2 x 400g tins chopped tomatoes
- 400ml / 14fl oz stock (made from a stock cube. Ideally beef, but any will do)
- 400g/14oz dried spaghetti
- salt and pepper

Number of portions - 5

