

Welcome to LAP Home Learning Week 4!

This will be our second to last Home Learning experience. We hope you are all being active and using the links provided for some inspirations.

This week we are thinking about home cooked meals versus eating at a restaurant (yes we will all eat at restaurants again). Follow the directions bellow and use the form to submit your results.

Form LINK: [CLICK HERE](#)

- 1) Read this [this Link](#) and watch the video. Do you think next year you will eat out more or less than the 4 times a week. Where do you think you will spend more money next year?

Cooking verse eating out exploration!

- 1) Think about your favorite food to order when you go out to eat. Could be pizza, a cheeseburger, or a fancy salad, whatever you like to eat.
- 2) Find a recipe for this food online
 - i. <http://www.eatingwell.com/recipes/>
 - ii. <http://www.foodnetwork.com/recipes>
- 3) Keep the recipe open and in a separate tab use these web sites to find the ingredients (feel free to use any other online grocery store).
 - i. [Peapod Powered by Stop and Shop](#)
 - ii. [Hannaford online shop](#)
- 4) Use the form to document the cost of the needed ingredients you would need to make this meal.

Form LINK: [CLICK HERE](#)