

Fundraiser Dinner **Student's Booklet**

Interdisciplinary Learning and Evaluation Situation



Cycle 3, Grade 6

Student's name: _____

As a class, we will be hosting a fundraiser to collect money for children in Ghana. The fundraiser, in collaboration with World Vision, will benefit the lives of 100 young children by helping to provide them with health and nutrition services.

Our goal is to raise \$650 to donate to the program. In order to raise this money, we will be planning a fundraising dinner at the end of the year that your families will be invited to!

Here are some things you need to know to begin planning our fundraising dinner:

- All 4 food groups from the Canadian Food Guide must be considered;
- Our food will be purchased from Good Food Catering Services;
- You will have a **MAXIMUM** budget of \$500 for all food, drinks and supplies;
- You will determine the price per person for the dinner. You must raise at least \$650, in addition to covering the cost of the dinner;
- There will be 100 people attending the dinner.

Once our menu is planned, you will be writing a letter home to your family to invite them to the event.

Be sure to make healthy food choices and to have at least one vegan dish. Once your menus are complete, you will be presenting them to your classmates and we will vote for the final menu to be used for the dinner.

Good Luck 😊

This is the list price provided by Good Food Catering Services:

Appetizers

Green Salad	\$5.20/1 container of 2 liters
Vegetable Pasta Salad	\$6.40/1 container of 1 liter
Shrimp Cocktail	\$7.50/1 container of 750 milliliters
Garlic Bread	\$3.50/1 loaf of 10 slices

Main Courses

Sides:

French Fries	\$4.80/1 container of 2 liters
Brown rice	\$5.60/1 container of 2 liters
Couscous	\$4.00/1 container of 2 liters
Mixed vegetables	\$4.75/1 container or 1.5 liters

Chicken Brochettes	\$20/750 grams
Vegan Tofu Turkey	\$13.50/900 grams
Hot Dogs	\$9.00/12 hot dogs
Meatloaf	\$32/1200 grams

Desserts

Fruit Salad	\$8.00/1 container of 4 cups
Strawberry Yogurt	\$6.80/1 container of 6 cups
Chocolate Tofu Pudding	\$17.60/1 container of 12 cups
Double chocolate cookies	\$12.00/24 cookies

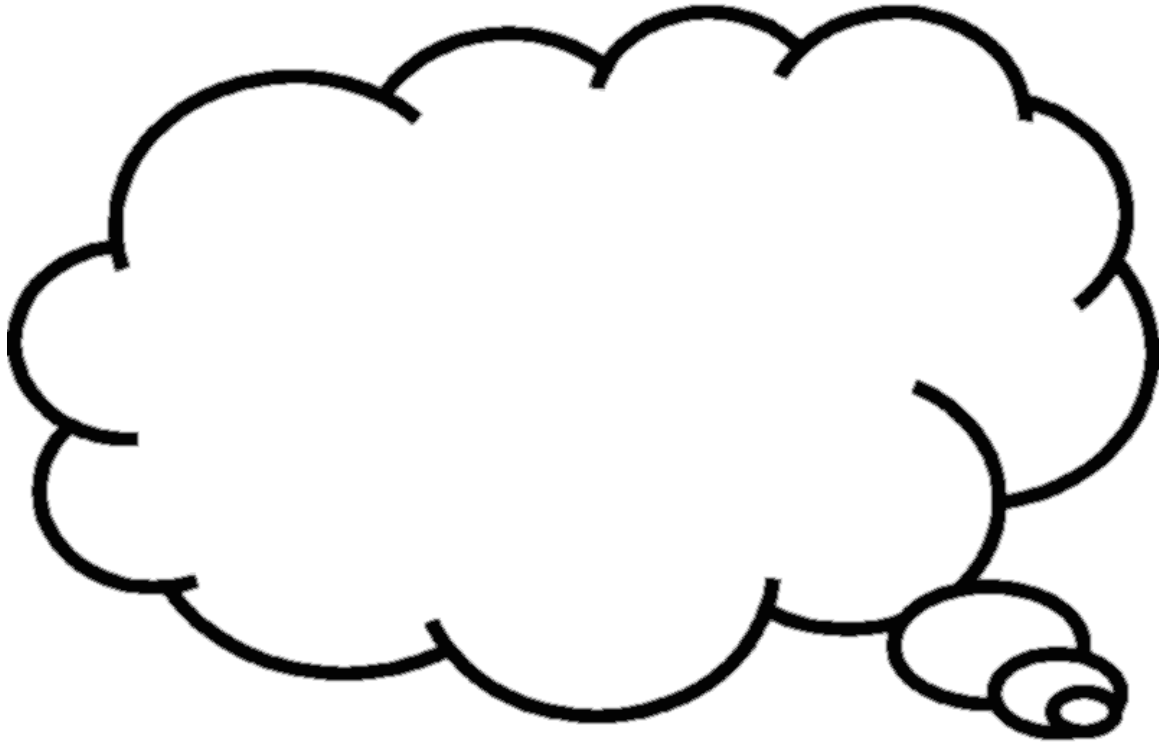
Drinks

Water bottles	\$3.60/case of 24 bottles
Assorted soft drinks	\$8.00/case of 32
Juice boxes	\$3.29/case of 10

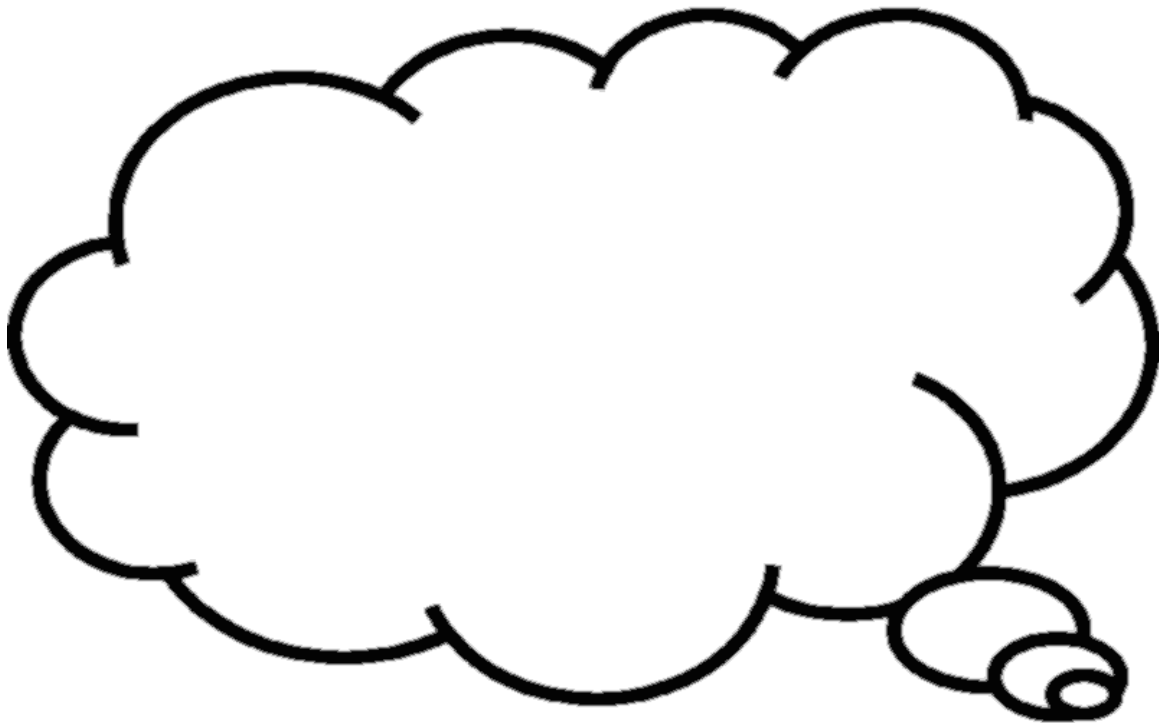
Supplies

Paper Plates	\$8.00/40 plates
StyroFoam Plates	\$3.00/20 plates
Utensils	\$2.00/24 utensils
Napkins	\$3.00/350 napkins

What do you know...?



What you need to know...?



These are the four food groups. You should use the serving guidelines to determine how many people each menu item can feed.



What is One Food Guide Serving?

Look at the examples below.

The infographic is organized into five horizontal color-coded bands, each representing a food group. Each band contains several food items with their respective serving sizes and a small icon of a measuring cup or bowl. The items are as follows:

- Green Band (Vegetables):**
 - Fresh, frozen or canned vegetables: 125 mL (½ cup)
 - Leafy vegetables: Cooked: 125 mL (½ cup); Raw: 250 mL (1 cup)
 - Fresh, frozen or canned fruits: 1 fruit or 125 mL (½ cup)
 - 100% Juice: 125 mL (½ cup)
- Yellow Band (Grains):**
 - Bread: 1 slice (35 g)
 - Bagel: ½ bagel (45 g)
 - Flat breads: ½ pita or ½ tortilla (35 g)
 - Cooked rice, bulgur or quinoa: 125 mL (½ cup)
 - Cereal: Cold: 30 g; Hot: 175 mL (¾ cup)
 - Cooked pasta or couscous: 125 mL (½ cup)
- Blue Band (Dairy):**
 - Milk or powdered milk (reconstituted): 250 mL (1 cup)
 - Canned milk (evaporated): 125 mL (½ cup)
 - Fortified soy beverage: 250 mL (1 cup)
 - Yogurt: 175 g (¾ cup)
 - Kefir: 175 g (¾ cup)
 - Cheese: 50 g (1 ½ oz.)
- Red Band (Protein):**
 - Cooked fish, shellfish, poultry, lean meat: 75 g (2 ½ oz.)/125 mL (½ cup)
 - Cooked legumes: 175 mL (¾ cup)
 - Tofu: 150 g or 175 mL (¾ cup)
 - Eggs: 2 eggs
 - Peanut or nut butters: 30 mL (2 Tbsp)
 - Shelled nuts and seeds: 60 mL (¼ cup)

Write the dishes in the corresponding groups to make sure you have all four food groups.

<p>Fruits and vegetables</p> 	<p>Meat and proteins</p> 	<p>Bread and wheat</p> 	<p>Dairy products</p> 

This is how I calculated my budget:

Appetizer: _____

Food Group:

Price Calculations:

Total: \$ _____

Main Dish: _____

Food Group:

Price Calculations:

Total: \$ _____

Dessert: _____

Food Group:

Price Calculations:

Total: \$ _____

Supply Calculations:

Total: \$ _____

How much should we charge each person for dinner?

Total per person: \$ _____ X 100 = \$ _____

Total amount raised from dinner \$ _____

Total cost of food, drinks and supplies \$ _____

Total profit to donate to World Vision: \$ _____

Price List



Food, drinks, and supplies	Number of servings for each items	Quantities to be ordered	Price
Appetizer:			
Side:			
Main dish:			
Dessert:			
Water			
Juice			
Soft drinks			
Plates:			
Utensils			
Napkins			

Why should we choose your menu?

Why did you make those food choices?

Why is it important for us to make this dinner?

I vote for menu...

#1

Because...

#2

Because...

#3

Because...



Self-Evaluation

I found this situational problem:

Easy

Somewhat challenging

Very challenging

My work is:

Well-organized

Needs more organization

Unorganized

Something I found easy about this situational problem, is:

Something I found challenging about this situational problem, is:

Comments: