

# Shared Kai Activity Resource



This resource has been designed to help you expand your Food for Thought learning. Using skills and knowledge from the programme, the class should work to plan a balanced, enjoyable, and budget-friendly shared kai using your gifted \$60 supermarket voucher.



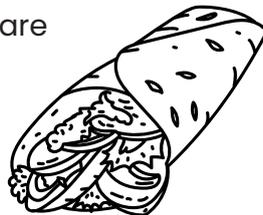
You may choose to follow this resource through completely, or you may like to take information and questions from parts you find relevant for your class.

## Options to Complete

Use the attached planning sheet (or create your own) to select the foods the class will use their voucher on.

### Whole Class Activity

- Work together as a class to brainstorm ideas for the foods you would like to include.
- Research the price of each food by using a supermarket website.
- Assess if your food choices are within budget.



### Group Challenge Activity

- Divide the class into small groups.
- Have each group brainstorm and budget their shared kai ideas. *This could be using the whole \$60, or you may split the \$60 across the groups.*
- Have groups present their ideas to the class.
- Depending on the budget given, pick a 'winner' of the shared kai for the whole \$60 or determine what foods from each group you will use.

## Things to Consider When Planning

- What equipment or skills might be needed?
- Can everyone eat the foods we are including? Are there any dietary requirements in the class?
- How will we stay within budget?
- How will these foods benefit our bodies? (This could be a function of a food group/nutrient or how the food will make you feel).
- Value for money thinking
  - e.g., a whole watermelon feeds 20 people vs. a box of muesli bars feeds 5 people
  - What fruits and vegetables are currently in season?
  - What food items are on special?
- If picking foods that come in packets, do we need to use our label reading skills to help us pick foods that will benefit our bodies?

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## Reflection and Discussion

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Encourage students to reflect on their learning using some of the below questions:

- Did we stay within budget?
- Which foods were hard to choose because of the budget?
- Did we include all the food groups? How do the different food groups benefit our bodies?
- What did you learn about planning a shared meal?
- Why is budgeting important?
- How does eating together contribute to our overall wellbeing?
- What food did you enjoy the most of your shared kai?
- Would you change anything about your shared kai next time?



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## Extension Options

- Use this to teach students how to use excel/sheets. Set up like the attached planner sheet and have students input information into cells. This can be a way to teach students how to use formulas in cells to add up the costs.
  - Get students to use computers to make a presentation of their food choices, including what food group they go in and what nutrients you would get from them or how they might help your body.
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## Kai Ideas



Yoghurt and Fruit



Vegetable Sticks



Wraps



Fruit Kebabs



Club Sandwiches



Homemade Pizza



Apple and Nut Butter



Mini Burgers



Crackers and Hummus



Sushi



Monkey Rolls



Plain Popcorn



Mini Frittatas



Poke Bowl



Dumplings



Fruit Muffins



Smoothie



Bliss Balls



Cheese and Crackers



Scones



Soup

