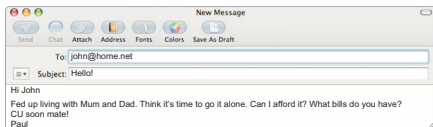


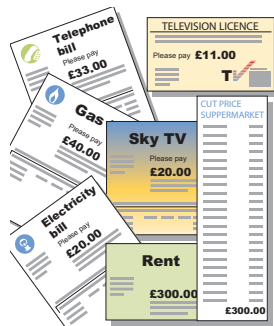
## SETTING A BUDGET

Before making the final decision to set up home alone Paul contacted his friend who moved into his first home last year.



### Activity 3

- Reply to Paul's e-mail giving him information on what bills he can expect to have to pay each month and how much each of them could cost him.
- Use the information you have gathered and the bills (left) to create a monthly budget for Paul using Excel. Use the format below to help you.
- Use the budget that you have drawn up for Paul in part 3 to answer the following questions:
  - How much money does Paul have left to spend each month after he has paid his bills?
  - Does Paul have a healthy budget?
  - How might Paul use the money he has left after his bills have been paid? Try and think of five things.
  - Does Paul have enough money left to spend on the five things you came up with above?
- Discuss Paul's budget with a partner and come up with three ways that he could increase the amount he has left after his bills have been paid and what he might use this money for.
- In pairs design an advice leaflet for Paul to help him keep a healthy budget.



	A	B	C	D
1	income	amount	expenditure	amount
2				
3	full time job	£950	gas	£50
4				
5				
6				
7				
8	Total			
9	Balance			

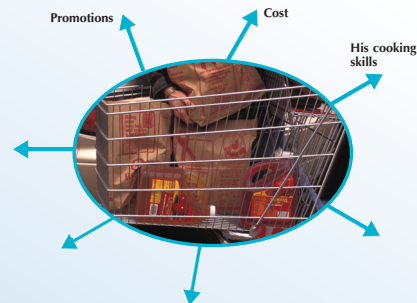
Paul should aim to have a healthy BUDGET. This means that he should plan his spending and ensure that his expenditure does not exceed his INCOME.

## SHOPPING FOR ONE

One of the ways Paul could reduce his monthly bills is to spend less on food.

### Activity 4

What other factors does Paul need to keep in mind when shopping for his food? Complete the spider diagram.



Paul can't decide if he should buy ready-made meals or make meals himself.

### Activity 5

- In groups make a dish which you can also buy as a ready-made meal, such as a lasagne.
- Compare this with a ready-made version by using the table below to record your results.

Features	Comment on ready-made meal	Comment on your group's meal
Cost		
Size		
Taste		
Smell		
Texture		
Ease of preparation		
Cooking and preparation time		

- Use your results to present arguments for and against using ready-made meals.
- Come to a conclusion – do you think Paul should buy these ready-made meals or make the meal himself? Give reasons for your answer.

### REVIEW

In order to help you reflect on what you have learned through this chapter complete the following sentences.

- I learned ...
- I was surprised by ...
- I was especially interested in ...
- One thing I'm not sure about is ...
- The main thing I would like to find out more about is ...
- After this chapter I feel ...