

Make a meal



Use the points you earned in the quiz to choose five meals. The 'cost' column tells you how many points each meal will cost you.

Meal	Cooking time	Cooking skill	Utensils needed	Shelf Life	Cost
	1 = longest 5 = shortest	1 = highest 5 = lowest	1 = most 5 = least	1 = shortest 5 = longest	
Baked beans on toast	5	4	4	4	4
Spaghetti bolognese	3	3	3	3	3
Salmon and vegetables	4	4	4	2	2
Chicken curry	2	3	4	3	3
Paella	1	2	3	1	4
Shepherds Pie	2	3	3	3	3
Fajitas	4	3	3	3	2
Fish pie	3	2	3	2	4
Instant noodles	5	5	4	5	1
Cheese and ham sandwich	5	5	5	4	1
Chicken nuggets and chips	4	5	5	5	4
Tuna pasta bake	3	4	4	5	2
Vegetable chilli	2	2	4	3	2
Sausages and mash	3	3	3	3	3
Ham and mushroom omelette	4	3	4	3	2

Vegetable soup	3	4	4	3	1
Pasta and tomato sauce	4	4	4	4	1
Vegetable bake	3	4	4	3	2
Chicken rice	3	3	4	3	3
Pork and vegetable casserole	1	4	3	3	3
Turkey burgers and sweet potato fries	3	3	3	3	3
Greek style salad	4	3	4	2	2
Sushi	3	1	2	1	2
Pasta salad	3	3	4	2	3
Jacket potato with tuna	2	5	5	4	2
Homemade pizza	2	2	3	3	3
Beef roast dinner	1	2	2	3	5
Fishcakes and vegetables	4	4	4	2	2
Mushroom risotto	2	2	4	3	3
Fish fingers, chips and peas	4	5	5	5	5
Tinned tomato soup	5	5	5	5	1
BBQ chicken drumsticks and rice	3	4	4	3	4
Burger and chips	5	5	5	1	5
Fish and chips	5	5	5	1	5
Pepperoni pizza	5	5	5	1	5

Lamb tikka massala, rice, and naan	5	5	5	1	5
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Add some extras

Food	Cost
Steamed vegetables	1
Roasted vegetables	1
Mashed potato	1
Boiled potatoes	1
Cous cous	1
Bread and spread	1
Rice	1
Salad	1