

### Interactive story for budgeting

Nathan is inviting some friends over to dinner. They would like to have a takeaway (which they normally do) but on this occasion Nathan decides he wants to show off his new cooking skills in his new home. He looks for inspiration online and finds a brilliant recipe for beef tacos, so he decides to make it a Mexican night in with his friends, as its both balanced and fun. **(Question: Why is it balanced?) correct keywords:** nutrition, vegetables, protein, fats, carbohydrates, fibre, vitamin C, calcium and iron.

He thought that the idea would be perfect because everyone can have a fun evening making their own taco's, adding their favourite toppings and making their own combination. Nathan checks his food cupboard to see what he already had and to decide what other ingredients he would have to buy. He finds some vegetables, though they look withered and a little brown. **(Question: Should he buy some vegetable or save money so use the ones in the cupboard?)**

Nathan checks his fridge and finds he has some beef steak he had opened 2 days ago **(Question: Should he use it or buy some fresh steak?)**

He doesn't have everything for his Mexican evening so he decides to go shopping to buy the remainder items (What does he buy? beef mince, onions, peppers) and a smoky BBQ flavour sachet along with guacamole, a sour cream dip and taco shells.

He gets home with 4 hours to spare before his friends come over. He will need about 40 minutes to cook the meal. **(Question: Does he leave it on the side or place the food in the fridge?)**

Question: **If he chooses the fridge then what food goes in the fridge?**

Question: **If he chooses the side then what food is left on the side?**

Nathan has the recipe printed off and knows he needs to follow it to achieve the desired results. He then decides to watch TV and loses track of time.

He begins by washing his hands with soap and water. His friends will be over in 30 minutes. Nathan knows he needs to prepare the food before he can cook it. **(Question: What does he do first?)**

He decides to chop up the vegetables first. Once chopped up he places them on the side.

The instructions say that he should slowly heat the beef in a little oil over a medium heat until the meat is brown even if it means cooking it a little longer. Nathan wonders should he heat it over a high heat to cook it quicker? Opting to cook it over the advised heat, he begins to brown it. He then heats another large frying pan with oil and begins heating the vegetables on a low heat.

Once the beef is cooked he sprinkles the BBQ sachet over the meat, adds a little water and let's it simmer.

Once cooked he then spoons the vegetables into a bowl and the meat into another bowl.

He hears the doorbell, and leaves his food on his counter to answer it.

His friends are here. They all come in excitedly. He takes them to the kitchen and they all help by carrying things into the lounge.

Nathan returns to drain the oil (**Question, How does he drain the oil and what does he do with the oil?**). He then joins his friends and they eat a lovely feast. All his friends compliment his choice and his cooking. Nathan feels very proud; his friends are really glad that they did not have takeaway after all.