

Family Grocery Economics

Five page evaluation copy for ages 11 through 16

This sample includes

The original unit cover

The parent overview

One parent teaching page

One student activity page

Use it before you buy

Download and print this sample for evaluation in one household.

The complete paid unit includes five lessons, answers, a final project, and a rubric.

Public posting, resale, and distribution of the sample are not included.

Find the complete unit at losttofound.org

Questions and support support@custodyfolio.com

Family Grocery Economics

A five day unit on budgets, unit prices, inflation, substitution, and household tradeoffs.

Ages 11 through 16

Includes a parent teaching guide, student workbook, core and extension work, answer key, final project, progress checklist, and grading rubric.

FORMAT	TIME	LICENSE
Printable PDF	Five lessons of 35 to 50 minutes	One household

Use fictional store data to practice real economic reasoning. No child account, app, or personal information is required.

Edition 1 August 2026
Questions and support support@custodyfolio.com

What this unit teaches

Students follow one fictional household through a week of grocery decisions. They calculate, compare, explain, and revise. The goal is not to find one perfect menu. The goal is to make tradeoffs visible and defend a choice with evidence.

Learning goals

- Build a spending plan that respects a fixed budget.
- Calculate unit prices and explain when the lowest unit price may not be the best choice.
- Calculate price change for individual items and a fixed basket.
- Explain substitution and identify the opportunity cost of a decision.
- Create and defend a five day grocery plan within a budget.

Two learning levels

CORE AGES 11 THROUGH 13	EXTENSION AGES 14 THROUGH 16
Use a calculator when needed. Complete the core prompts and explain choices in full sentences.	Complete every core prompt plus the extension boxes. Show formulas and discuss limits in the data.

Important

All store prices in this unit are fictional and exist only for practice. They are not current price claims or shopping advice.

Budget before buying

Warm up question

If a grocery plan costs four dollars more than the available budget, what could change besides simply removing food?

Teach

A budget is a plan, not a prediction. The constraint is the maximum amount available. A useful revision must bring planned spending within that limit. Every revision also has an opportunity cost because the household gives up the next best option.

Model

Add the four original categories aloud. Then compare the total with the 82 dollar limit. Ask the student to predict which revision will work before calculating it.

Listen for

- The original plan is 4 dollars over budget.
- A valid revision costs 82 dollars or less.
- The opportunity cost is stated as the best option given up, not every possible option.

Extension prompt

Ask whether the same 82 dollar limit would feel equally restrictive for every household. The arithmetic is fixed, but household needs and available time can differ.

The Rivera grocery plan

The Rivera household has 82 dollars available for groceries this week. The prices below are fictional practice data.

CATEGORY	ORIGINAL PLAN	REVISION OPTION
Breakfasts	\$18.40	\$17.50
Lunches	\$21.65	\$21.65
Dinners	\$35.20	\$31.90
Snacks	\$10.75	\$6.75

1. Add the original plan. Total planned spending: _____
2. How far above or below the budget is the original plan? _____
3. Find one revision that respects the budget. Show the items you changed and the new total.

4. What is one opportunity cost of your revision?
