

Princess and the Frog Make Gumbo

Budgeting Practice-



The lead character, Tiana, in Disney's movie, *The Princess and the Frog*, wanted to open a restaurant. By some twist of fate, she became a princess and married Prince Naveen. Together they opened the restaurant Princess Tiana had dreamed about with her father when she was a little girl. In preparation for opening their restaurant, you are the chef in charge of making "Tiana's Famous Gumbo!"

Watch Tiana and her father at the start of her dream! Think about what may be important to Tiana when making her gumbo.

- <https://www.youtube.com/watch?v=RymwioSbABg>



Before you can begin gathering ingredients and spending your money wisely, follow the steps below.

Step 1: First, you must learn a little about the different kinds of Louisiana gumbo. Across the world, there are many different kinds of gumbo, but here you will read about "city gumbo" and "country gumbo."

- Read "TheGingeredWhisk.com's [Princess Tiana Gumbo Recipe with Chicken and Sausage](#) to learn about each. Use the reading to complete the blanks.
- "Basically a rule of thumb is that creole cuisine uses _____ and proper cajun food does not."
- "Creole gumbo comes from _____ Louisiana, and generally contains _____, a dark roux, tomatoes, and is topped with file powder."
- "Cajun gumbo is popular in _____ Louisiana, and is also made with a dark roux, _____ or _____, does not contain tomatoes, and is generally topped with parsley and _____."
- Sausage or ham can be added to both variations.
- If you are interested in learning more, you can read about both types of food:
 - <https://www.louisianatravel.com/articles/cajun-vs-creole-food-what-difference>
 - https://www.youtube.com/watch?v=_YCrNY2ZMwM



Step 2: Select your recipe! Determine which type of gumbo you believe Chef Tiana will approve. Use a recipe option from the article or research to find one of your own.

- Circle one: **Creole/City Gumbo** or **Cajun/Country Gumbo**

Examine the two different ingredient lists on the next page and carefully handpick which foodstuffs you will need to purchase to make your prize gumbo.

Step 3: Budget Carefully. Review the list of ingredients below and make your shopping list based on your recipe and how much money you have to spend.

You have \$40 to spend.

Frugal and “Budget Friendly” Option		Gourmet and “Higher End” Option	
Whole rotisserie chicken- <ul style="list-style-type: none"> Requires removal of skin/bones and cutting of portions of meat needed. 	\$4	Free Range Chicken Breast- raw <ul style="list-style-type: none"> No skin, no bones, will require chopping. Needs to be cooked. 	\$6
Gulf Shrimp (price by pound) <ul style="list-style-type: none"> Requires shelling, deveining and cooking 	\$9	Crawfish (price by pound) <ul style="list-style-type: none"> Requires cracking the shell and pulling the meat, cooking 	\$12
Bay Scallops (price by pound) <ul style="list-style-type: none"> Requires shelling 	\$5	Sea Scallops (price by pound) <ul style="list-style-type: none"> Preshelled 	\$9
Chopped Ham (price by pound) <ul style="list-style-type: none"> Precooked 	\$3	Spicy Andouille Sausage (price by pound) <ul style="list-style-type: none"> Precooked 	\$4
Yellow Onion (price by pound) <ul style="list-style-type: none"> Requires chopping 	\$0.50	Pearl onions (price by pound) <ul style="list-style-type: none"> Small, bite-sized onions 	\$2
Celery and Carrots (price by pound) <ul style="list-style-type: none"> Requires washing and chopping 	\$1	Pre Chopped Celery and Carrots (price by pound)	\$2
Green Bell Pepper (package of 3)	\$3	Red, Yellow, Green Bell Pepper Medley of 3	\$4
Canned tomato (16 oz) <ul style="list-style-type: none"> Requires chopping 	\$3	Fresh Heirloom Tomatoes (16 oz) <ul style="list-style-type: none"> Requires skinning, removing seeds and chopping 	\$5
Okra -frozen (per pound)	\$1.50	Okra -fresh (per pound)	\$3
Garlic cloves fresh <ul style="list-style-type: none"> Requires peeling and mincing 	\$1	Jarred Organic Minced garlic	\$5
White Rice (Uncooked) <ul style="list-style-type: none"> Requires rinsing, cooking 	\$1	Long grain rice blend (precooked)	\$1.50
Bargain Traditional Seasoning Blend	\$1	Gourmet Exotic Seasoning Blend	\$2
Chicken Broth (32 oz)	\$2	Organic Chicken Broth (32 oz)	\$3
Canola Oil (\$4 for 48oz) Price/ cup:	\$0.67	Olive Oil (\$8 for 34 oz) Price/ cup:	\$1.88
Margarine (16 oz)	\$2	Butter (16 oz)	\$3
Flour (pre portioned)	\$0.25	Multigrain flour (pre portioned)	\$0.50

Step 4:

- After selecting your ingredients, find the total amount of money that you will need to spend. Write the total on how much money you spent: _____.
- If your total is above the amount of money that you have to spend (\$40), you will need to reallocate your money by making different ingredient choices.
- Make those changes now and adjust your total if needed.
- Write your new corrected total: _____.

Step 5: Justify your expenses.

On a separate sheet of paper:

1. Identify and explain each of your choices for your gumbo recipe. A decision had to be made for each ingredient.
2. Explain how and why you selected each ingredient from the list provided to make your prize winning gumbo. Think about things such as time, flavor, quality, preference and other important qualities.

Extension:

Imagine you are a dietician and need to create a three day meal plan and budget for your family to follow. You will need to do the following:

1. Explore <https://www.myplate.gov/eat-healthy/what-is-myplate> to understand what healthy eating looks like. Click on each of the food groups and examine the "Daily Recommendation Charts" to ensure your family gets the right nutrition. Make a list of how many servings you need daily for each food group.
2. Identify three days that you will plan and budget for eating a healthy breakfast, lunch and dinner. Think about healthy meals that you enjoy and the food you will need.
3. Use the chart below to plan out the food types and quantities for each day that you will need for the respective meals. (You may choose to recreate this chart on additional paper.)



Day:	Breakfast		Lunch		Dinner	
Monday	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
Tuesday	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
Wednesday	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
	-	\$	-	\$	-	\$
Total Spent	\$		\$		\$	

4. Use a newspaper flyer or an online guide to a local market or grocery store and using your meal planning chart, calculate how much food you will need to buy and how much it will cost.
5. Total your expenses for the 3 days. If your teacher gives you a budget, make sure you do not overspend!

Standards for Buying High School

SS.912.FL.2.1: Compare consumer decisions as they are influenced by the price of a good or service, the price of alternatives, and the consumer's income as well as his or her preferences.

SS.912.FL.2.2: Analyze situations in which when people consume goods and services, their consumption can have positive and negative effects on others.

SS.912.FL.2.3: Discuss that when buying a good, consumers may consider various aspects of the product including the product's features. Explain why for goods that last for a longer period of time, the consumer should consider the product's durability and maintenance costs.

SS.912.FL.2.4: Describe ways that consumers may be influenced by how the price of a good is expressed. Looking at flyers and sales for different ones.

SS.912.FL.2.5: Discuss ways people incur costs and realize benefits when searching for information related to their purchases of goods and services and describe how the amount of information people should gather depends on the benefits and costs of the information.

SS.912.FL.2.6: Explain that people may choose to donate money to charitable organizations and other not-for-profits because they gain satisfaction from donating.

SS.912.FL.2.7: Examine governments establishing laws and institutions to provide consumers with information about goods or services being purchased and to protect consumers from fraud.