

SKILLSER PRACTICE PACK

Meal Planning & Food Cost Control

Lifestyle & Home • Beginner • 12 hours

Improve one household system for safety, cost, time or consistency.

Use this pack beside the course

- Set one observable result for the course.
- Complete the practical activity before marking the lesson complete.
- Keep evidence: screenshots, files, calculations, recordings, photos or finished samples.
- Use the checkpoint feedback to decide what to review.
- Treat the Skillser certificate as proof of course completion, not external accreditation.

1. Define your course outcome

Write a result another person could inspect. Avoid goals such as “understand more”. Prefer “I can create / explain / analyse / produce / perform ...”.

My outcome for Meal Planning & Food Cost Control

What I can already do

My constraints

- Time available each week
- Phone-only or limited device access
- Internet/data cost
- Budget for tools or materials
- Confidence or previous experience
- A current rule, platform interface or policy may need verification

2. Working principles

Use these principles while you move through the course. They are designed to keep practice connected to a result.

1. Audit the current routine before changing it.

Write one decision or example from your own context where this principle matters.

2. Create a checklist another person can follow.

Write one decision or example from your own context where this principle matters.

3. Track time, cost and repeated problems.

Write one decision or example from your own context where this principle matters.

4. Test the new routine long enough to compare results.

Write one decision or example from your own context where this principle matters.

3. Three practical challenges

Do these away from the lesson player. Each challenge should leave evidence you can keep.

Challenge 1

Create an input/production calendar for one realistic cycle.

What I produced / what happened

What I would improve next

Challenge 2

Track cost, quantity, production events and losses in a simple record sheet.

What I produced / what happened

What I would improve next

Challenge 3

Identify a target buyer and write the quality, timing and quantity they would need.

What I produced / what happened

What I would improve next

4. Capstone brief

Improve one household system for safety, cost, time or consistency.

Capstone output

Create one final output that demonstrates the central skill in **Meal Planning & Food Cost Control**. It should be specific enough for another person to inspect and should include evidence of your process, not only the final result.

Problem or goal

Tools / materials / information needed

Steps and timeline

Evidence I will keep

5. Review and next step

Score the work honestly. The purpose is to decide what to practise next.

Criterion	1	2	3	4
Clarity	Unclear	Partly clear	Clear	Very clear
Quality	Frequent errors	Some errors	Meets standard	Consistent
Process	Cannot explain	Incomplete	Repeatable	Adaptable
Evidence	Little proof	Some proof	Clear proof	Portfolio-ready
Reflection	No review	General	Specific	Tested improvement

My next 30-day practice plan

Content review note

Where this course depends on current laws, tax rules, CAC procedures, exam policies, financial products, software interfaces, advertising platforms, security guidance or regulated professional advice, verify the current official source before acting.