## Arbeitsblatt 9: Einkaufsliste und Kochanleitung

|  |  Aufwand |
| --- | --- |
| 1 Pers. | 4 Personen |
| Material | Finanziell | Zeitlich |
| **Beispiel:** Karotten waschen und schälen | 120 g | 480 g (500g) | CHF 1.75 | 10 Minuten |
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