



## Vocabulary

income	the total money received, including from earnings, benefits and pensions
earning	the money a person gets for working or the money a business makes after selling things or providing services
pension	money that people receive regularly after they stop working, usually because they have retired
benefits	money or help from the government to support people who need it
expenditure	the money spent; common household expenditures include rent, food and bills

## Budgeting

Budgeting means planning how to spend money carefully (e.g. when food shopping).

People make different spending decisions based on their budget, values and needs.

Keeping track of money helps to know how much is being spent and avoid running out.

Spending money can have a positive effect (e.g. supporting charities) or a negative effect (e.g. buying single-use plastics that harm the environment).

## Cultural Capital – Money Matters

### Payment Methods

Different ways to pay for things include cash, cards and e-payments.

Reasons for choosing a payment method include convenience, security and availability of funds.



### What is a food bank?

A food bank is a place where people collect and share food with families who don't have enough in their budget to buy all the groceries they need.

Food banks are often run by charities, who rely on volunteers. Volunteer work is unpaid work carried out to help others or support a cause.

