



Activity # 18

Shopping with a List

Instructions:

- There are 3 shopping lists below.
- Circle the fruits in **orange**, vegetables in **green**, meats in **red**, dairy in **purple**, and grains in **brown**.
- Choose one shopping list that contains the **healthiest** foods.

What should I buy today?



Shopping List # 2

- White bread (brown)
- Frozen pizza
- Ketchup (green)
- Oranges (orange)
- 2% Milk (purple)
- Kraft Velveeta cheese (purple)
- Spaghetti pasta (brown)
- Peanut butter crackers (red and brown)
- Ground beef (red)
- Frozen French fries (green)

Shopping List # 1

- Brownies
- Corn on the cob (green)
- White rice (brown)
- Watermelon (orange)
- Orange soda
- Refried beans (red)
- Pretzel twists (brown)
- Frozen mac and cheese
- Frosted pop tart
- Apple juice (orange)

Shopping List # 3

- Whole wheat pasta (brown)
- Apples (orange)
- 100% orange juice (orange)
- Spinach (green)
- Cheerios cereal (brown)
- Turkey slices (red)
- Brown eggs (red)
- Skim milk (purple)
- 2% reduced fat cheese (purple)
- Frozen broccoli and carrots (green)





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Shopping List # 2

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- Frozen pizza
- Ketchup
- Oranges
- 2% Milk
- Kraft Velveeta cheese
- Spaghetti pasta
- Peanut butter crackers
- Ground beef
- Frozen French fries

Shopping List # 1

- Brownies
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- White rice
- Watermelon
- Orange soda
- Refried beans
- Pretzel twists
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- Frosted pop tart
- Apple juice

Shopping List # 3

- Whole wheat pasta
- Apples
- 100% orange juice
- Spinach
- Cheerios cereal
- Turkey slices
- Brown eggs
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