Lesson # 18
Grocery Shopping for Kids

Time Table
Total Time: 30 minutes
2 Minutes: Introduction to Lesson
10 Minutes: *Grocery Shopping Made Fun* PowerPoint Presentation
5 Minutes: Activity 1: *Exploring the Grocery Store*
10 Minutes: Activity 2: *Shopping with a List*
3 Minutes: Explain the Take Home: *Tips for Shopping with Kids*

Goal: Introduce young children to the general layout of a supermarket and help them strengthen their shopping skills in order to choose nutritious and safe foods.

Objectives:
Students will:
1. Be able to recognize the general layout of grocery stores and understand how the layout influences the way they shop.
2. Be able to state the areas or sections of the grocery store that contain less healthy foods.
3. Learn the importance of making shopping lists and reading the nutrition fact labels at the grocery store.
4. Be able to choose healthy foods in each department of the grocery store according to the MyPlate model.

Materials:
- PowerPoint*: Grocery Shopping Made Fun* PowerPoint
- Activity 1: *Exploring the Grocery Store*
    a. Blue, orange, and green crayons or colored pencils for each student.
    b. Instructor's answer key
- Activity 2: *Shopping with a List*
    a. Pencils and green, orange, purple, brown, and red crayons.
    b. Instructor's answer key
- Take Home: *Tips for Grocery Shopping with Kids*

Instructions:
1. Begin the lesson with a quick review of the previous lesson on choosing healthy snacks. Ask the students what their favorite healthy snack was last week.
2. Tell students that today's lesson focuses on smart food shopping and how to select healthy choices at the store. They will be able to recognize the general layout of a supermarket and understand the areas of the store they should avoid due to the high amount of processed and fatty foods located there.

3. Ask students how many of them have gone grocery shopping with their parents or someone older and if they had fun shopping.

What is a supermarket or grocery store?
A **supermarket** is a store that sells a wide variety of goods including food, medicines, clothes, and other household products. A **grocery store** is a store that sells mostly food and other related materials.

How to become a SMART shopper:
• Before going shopping with your parents or Guardian, make a shopping list. A shopping list should contain all the foods that you will buy at the store that day. Planning this out can help you save money and pick healthier options. Your shopping list should contain a variety of food item from each category of the MyPlate model, such as grains, fruits, vegetables, dairy, and meats & beans. You can become your parent's little helpers by going through the store's weekly sale ads and picking the best options.

• Never go grocery shopping on an empty stomach! Seeing yummy foods at the store will make you hungry and when people get hungry, they tend to buy more unhealthy products such as chips, sodas, candy, and other junk foods.

Have you ever wondered why all the junk food and candies are placed in the front of the store or near the cashiers?

• Stores want you to buy all the expensive junk food, so they place those products where you **WILL** see them. People don't go to the side or back of the store, which usually contain the fruits, vegetables, and dairy items. They have to pass through the front or the middle of the store to get to the fresh and healthy foods. Stores put most of their processed, high-fat, high calorie or high-sugar foods in the front and middle aisles, which causes people to buy more of those foods.
• To help you decrease the amount of unhealthy foods you buy at the store, the best thing to do is just avoid walking through the middle aisles. If you don't see the chips, dip, candies, sodas, and frozen meals, you are less likely to buy them.

How to determine if a food is healthy or unhealthy:
• Read the Nutrition Facts label placed on the back of most food products. This can help you choose the best foods that contain the most nutrients. You have previously learned how to read a Nutrition Facts label (food label), but we will briefly review. Review reference information if necessary.

Student's Goal: The next time you go shopping with your parents, help them shop and choose colorful fruits, vegetables and whole grain products.

Activity 1: *Exploring the Grocery Store*
• Print *the "Exploring the Grocery Store"* worksheet for each student.
• Provide students with a crayon or colored pencils and a worksheet.
• Students need to color the sections of the grocery store that should be **avoided** when going shopping in **blue.** They need to color the sections of the grocery store that should be **visited** in **green** and color the non-food areas of the grocery store in **orange.**

- After the students have completed the activity, share the answers with them. The instructor's answer key is provided on the website.
- Collect the activity sheets and put them into each student's personal *Fit4kidz* binders or folders.

Activity 2: *Shopping with a List*
- Print *the "Shopping with a List"* worksheet for each student.
- Provide students with a pencil or crayon and a worksheet.
- There are 3 shopping lists below. Students need to circle the fruits in **orange**, vegetables in **green**, meats in **red**, dairy in **purple**, and grains in **brown**. Then they have to choose one shopping list that contains the **most** nutrition dense and healthy foods.
- After the students have completed the activity, share the answers with them. The instructor's answer key is provided on the website.
- Collect the activity sheets and put them into each student's personal *Fit4kidz* binders or folders.

Take Home: *Tips for Grocery Shopping with Kids*
- Print a "*Tips for Grocery Shopping with Kids"* worksheet for each student.
- This activity will be sent home with the students. The students should get help from their parents or guardians to complete this activity.