

GROCERY ACTIVITY

Teacher answer key

Instructions: Visit the different sections of the grocery store and scan the QR codes to find the answers to the following questions. On the left side, write the section of the grocery you scanned to find the specific answer.

SECTION

What percentage of our budget should we spend on groceries? (Range)

10-20% of total budget

As a whole, what does Manitoba spend the most on when it comes to groceries (compared to the rest of Canada)?

Dairy products, eggs, and meat

SECTION

What are the 5 A's of Food Security?

Availability, Accessibility, Adequacy, Acceptability, Agency

Food insecurity is when someone does not have physical or economic access to sufficient, safe, and nutritious needs.

SECTION

True or False, convenience foods do not help you save time when it comes to cooking or baking?

False

SECTION

Name 3-5 factors that influence our food choices.

Values, Lifestyle, Social Influences, Resources, Family, Culture, Environment, Friends, Time, Knowledge, Supply

SECTION

True or False, more and more grocery stores are catering to consumers with Ready-to-Eat Meals because they require minimal preparation.

True

SECTION

Where can most impulse buys be found in the grocery stores?

By the registers/check out line

SECTION

Choosing Where to Shop: Where does your group choose to shop?

Answer vary by group