



GROCERY ACTIVITY

Student Worksheet

Find the items around the store and scan the QR codes to find the answers to the following questions. On the left side, write the food item you scanned to find the answer.

Item (Write)

Question

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

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

What are the 5 A's of Food Security?

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

Name factors that influence our food choices.

By the time someone reports that they are struggling to put _____, they are also struggling to afford their _____.

Item (Write)

Question

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

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

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