

Supermarket Sweep



Lesson Overview:

This lesson will help students see the differences in prices for the same food item, which affect food security. Students will “shop” for the ingredients they need for a specific recipe in a group, with each group shopping at a different location. Prices reflected here are real price differences people face. Students will have a set amount of money to spend (math skills).

Learning Outcomes:

Students will:

- gain an understanding of the differences in prices for the same food
- understand that the same food can cost a lot more depending on where you live

Materials:

- print and laminate food pictures and prices
- create store names
- map with locations
- worksheets
- calculators

Instructions

Set-Up

Have three stations set up around the room as the three grocery stores. Using the pictures provided (or food models if you have access to them), place the appropriate prices by the items. There are rounded numbers and regular prices provided, depending on your needs. Arrange them like a mini store.

Activating Discussion:

Explain to students that they will need to do the grocery shopping. There are three stores, each group will go to a different store to buy their groceries. They will all have the same list. Hand out the list to the students and tell them they will need to fill in the prices beside the item.

Learning Plan:

You can do this one of two ways: 1) Students will have no limit, and just need to add up how much everything will cost them, or 2) they have a limited amount of money to spend. The latter may mean that one group will not be able to afford to get everything on their list, which may be triggering, so a debrief addressing this will be necessary.

Alternatively, have students shop at all three, doing comparison shopping. Hand out the worksheet for this, and have students rotate between the three. Allow enough time for them to write down all the prices. Students then analyze the results in groups.

The three stores represent stores in northern Manitoba, rural central Manitoba, and Winnipeg, Manitoba. Prices vary drastically and are often a lot higher the farther north you go. A map is included with the approximate location of the grocery stores. Consider giving the stores a name to make it seem more realistic.

Activity Options:

Discuss the following:

- How did the shopping go? Were you able to get everything you needed?
- Write down the cost for each group on the board, starting south and moving north.
- Ask the students if they are surprised.
- Do they think it is fair that food costs more in different communities?

Appendices:

- Grocery Food pictures
- Grocery Price Labels, Decimals
- Grocery Price Labels, Rounded
- Map
- Grocery list
- Comparison shopping worksheet