

# Grocery Shopping



**Ages 10 - 14**

## Lesson Overview:

Students will explore different areas within a 'grocery store' to learn about the factors that influence food choice and be introduced to the concept of food security. Students will also learn about saving money on groceries, how to create shopping lists, and grocery shopping math.

## Learning Outcomes:

Students will be able to:

- Identify ways to shop for healthy foods
- Identify ways to save money while shopping for food
- Categorize foods based on the main food group nutrients according to Canadian dietary guidelines
- Define food security at the individual/household and community levels
- Identify factors that influence personal food choices

## Materials:

- iPads (1 per 1-2 students)
- 1 teacher computer
- 1 projector
- Grocery Store Sections (with QR codes attached)
- Grocery Activity Student Worksheet (1 per group)

## LESSON

### Learning Plan

#### 1. Set-up:

- Teacher will divide students in groups (2-3 students per group).
- Print worksheet. One sheet per group.
- Place the various sections of the grocery store around the classroom with their corresponding QR code. In total, there are 9 stations:
  - Frozen food
  - Non-perishables
  - Produce

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- Deli/Premade food
- Bulk
- Dairy
- Meat
- Registers
- Bakery

## 2. Student Instruction:

### Group Activity

- Hand out devices (iPads) and Grocery Activity Student Worksheet (Appendix 2) to each group member
  - Show students how to scan QR codes (i.e., open the camera app and place the QR code in front of the camera; then, click the pop-up link).
- Teams will work together to answer the student worksheet.
- The goal is to complete the worksheet by visiting each station and scanning the QR code. Each QR code will provide an answer to a question on the worksheet.

### Independent Activity

- Each student will receive an Independent Activity Student Worksheet (Appendix 4) to complete the independent activity. This activity can be done either individually or in groups.
- Students will access the corresponding virtual interactive presentation by scanning the designated QR code (see Appendix 1). Students will use a device (e.g., phone, iPad) to access the PowerPoint presentation. They will use the buttons on each slide to lead them to another slide and use the information to fill in the answers to questions on the worksheet.

### Appendices:

- Appendix 1 QR Codes & Grocery Store Images
- Appendix 2 Grocery Activity Student Worksheet
- Appendix 3 Grocery Activity Teacher's Answer Key
- Appendix 4 Independent Activity Student Worksheet
- Appendix 5 Independent Activity Teacher's Answer Key