

# GROCERY ACTIVITY

## Student Worksheet

**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)

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

### SECTION

What are the 5 A's of Food Security?

\_\_\_\_\_ is when someone does not have \_\_\_\_\_ or \_\_\_\_\_ 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?

### SECTION

Name 3-5 factors that influence our food choices.

## **SECTION**

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

## **SECTION**

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

## **SECTION**

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