



Guiding Stars® Store Tours

The following are suggested follow-up activities to help students reflect on their field trip experience.

After the Trip

Ask students their overall impressions of the field trip. **What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?**

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you letters to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge

Challenge students to “create” a healthy lunch including a sandwich, drink, fruit or vegetable, and snack. Students will choose the ingredients for their sandwiches and additional items using the Guiding Stars system to help them find the healthiest choices (items with the most star values).

Have students complete the Guiding Stars Meal chart by looking up possible ingredients on the Hannaford website at www.Hannaford.com. Students can Shop by Department on the website by selecting a category or typing in an item and determining its star value. A tutorial is available about how to use the website to compare items to make healthier choices under the Healthy Eating tab and Healthy Tools.

For each ingredient, ask students to write their healthy choice and the star value on the chart. If students have a hard time coming up with ingredients, some examples are suggested. Challenge students to choose as many 2 and 3 star ingredients as possible.

Finally, to reinforce sustainability, challenge students to think about easy ways to reduce waste at school or at home.

- Encourage students to think about ways they could implement what they learned on the field trip.
- Have students discuss their ideas as a group and choose one to implement at school as a class.





Name _____ Date _____

Guiding Stars Lunch

Complete the chart by writing the ingredients for a healthy lunch. Use the Hannaford website (www.Hannaford.com) to find the Guiding Star rating for each item.

Ingredient	Guiding Stars Value
A meat or protein (e.g. turkey, ham, peanut butter, tuna):	
Sandwich topping (butter, mayo, jelly):	
Sandwich topping (tomato, lettuce, sprouts):	
A drink (milk, juice):	
A fruit or vegetable (apple, strawberries, carrots):	
Chips, pretzels, or other snack:	



**FIELD
TRIP**
FACTORY