



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

Use chart paper to have students create a chart of the five food groups. Students will rank 3 foods from each food group using the Guiding Stars® system they learned about on the field trip.

Allow time for students to color the black and white food pictures that are supplied below. Write the names of the five food groups at the top of the chart paper – Fruits, Vegetables, Grains, Dairy, Protein Foods. Students will glue or tape each food onto the chart under the correct food group. Ask students to rank the foods in order from 1 star/good (bottom) to 3 stars/best (top) according to their star value.

When the chart is complete, reinforce that foods with 3 stars have the most nutritional value, more vitamins, minerals, fiber, and whole grains and less fats and added salt and sugars. Explain the foods with 1 and 2 stars are still good for you but might have less nutritional value, and more fats, salt, and sugar than foods with 3 stars.

Finally, help students recall some of the ways Hannaford supports sustainability in their store. Some examples include:

- Recycling cardboard
- Donating extra food to food banks
- Composting older fruits and vegetables
- Purchasing foods from local and organic farmers
- Using energy efficient freezers and coolers

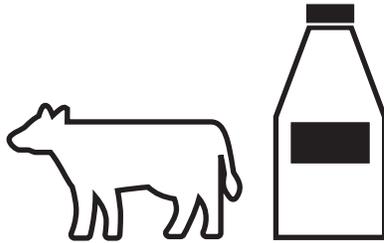
Then, have students complete the 3R's worksheet to reinforce what they learned about reducing, reusing, and recycling.



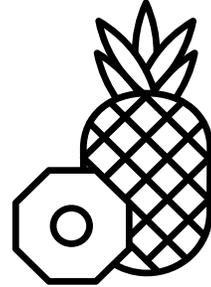


Foods from the 5 Food Groups and Their Guiding Stars® Value

Print and use these food items for the Demonstrate Knowledge activity.



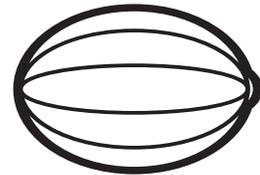
1% milk



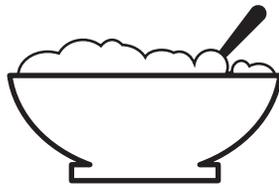
pineapple



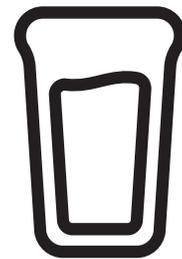
Greek yogurt



watermelon

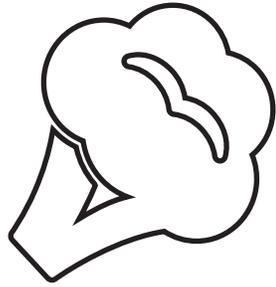


low-fat cottage cheese

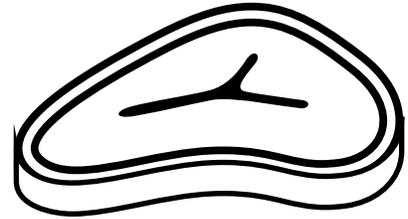


apple juice

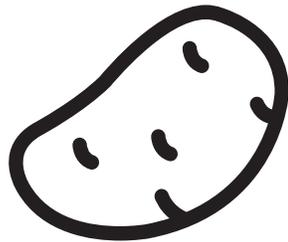




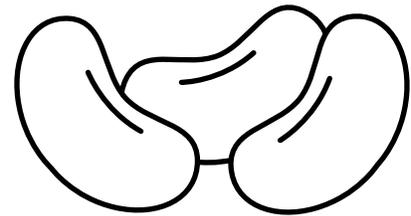
broccoli



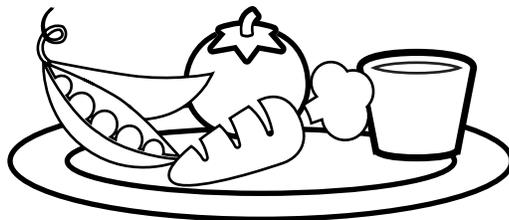
steak



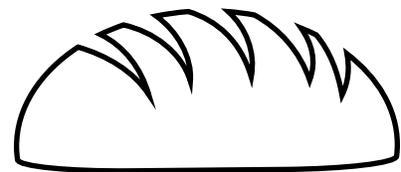
potato



dried kidney beans

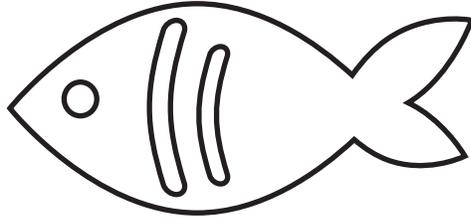


veggies with dip

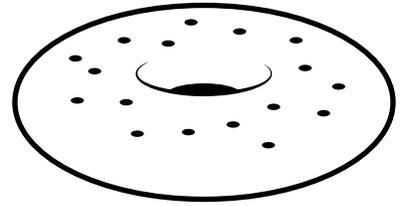


whole wheat bread

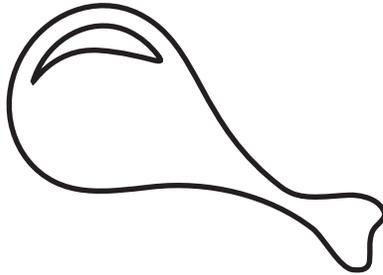




fish



bagel



chicken wings





Name _____

Date _____

The 3R's

You learned about how Hannaford is reducing their waste by using the 3R's: reducing, reusing, and recycling. Draw a picture in each box to show one way to reduce, one way to reuse, and one way to recycle at home or at school.

Reduce	
Reuse	
Recycle	

