

## After the Field Trip (Grades 3 - 6)

The following activities are suggestions to help students reflect and extend on their supermarket experience.



### Supermarket Tours

#### Reflect and connect

Engage students in a discussion about their experiences at the supermarket.

**Ask:** What did you like about the visit? What didn't you like?

Name one thing that was new to you during the visit.

What did you learn from the visit about making food choices?

What changes would you like to make based on the field trip?

Have students recall and discuss the basic food groups, portion size, and MyPlate based on their in-store experience.

#### Community connection

Have students write thank-you notes to send to the store. Encourage students to mention some of the findings as a result of group discussion.

#### Reinforce MyPlate

Use the *MyPlate, My Choices* activity sheet as reinforcement, assessment, or extension.

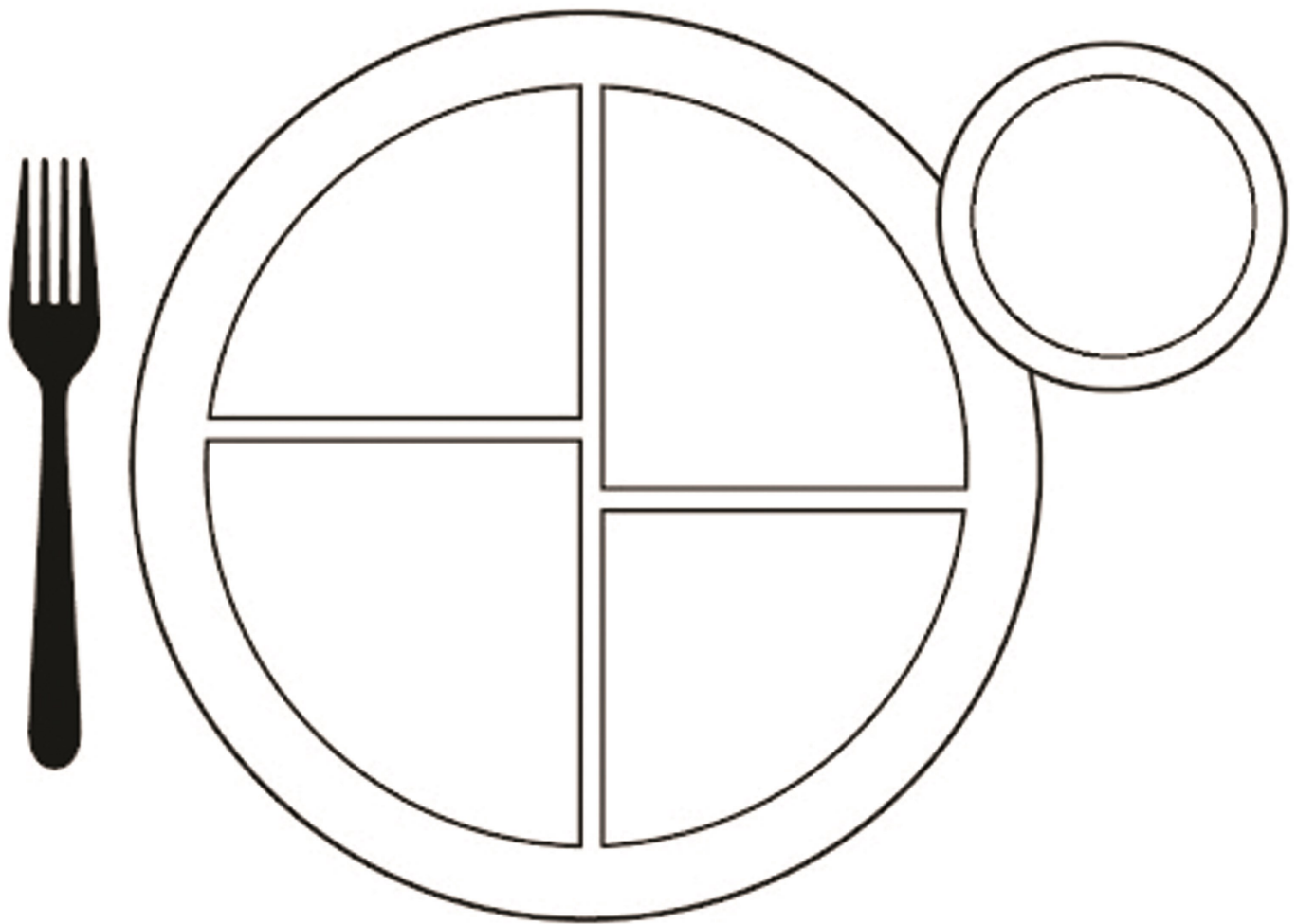
# MyPlate, My Choices

Name \_\_\_\_\_

Label each of the five areas of the MyPlate according to their appropriate food group.

Next, pick a meal (breakfast, lunch, or dinner) and sketch or write-in foods you would like to eat for a well-balanced MyPlate meal.

Finally, reflect on what **NEW** changes you would like to make for meals based on what you have learned about MyPlate and making healthy food choices.



New choices I would like to make to help make better balanced meals:

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