

## After the Field Trip (PreK - 2)

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?

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

#### Reinforce MyPlate

Use the *Make a MyPlate Meal* activity sheet to extend student knowledge further.

# Make a MyPlate Meal

Name \_\_\_\_\_

Choose breakfast, lunch, or dinner.

Then draw or write-in foods that you think would make a balanced MyPlate meal for each area on the plate.

