



From the Field Trips Programs

The following activities are suggestions to help you prepare students for the upcoming field trip and to provide the appropriate background knowledge.

Before the Trip: Activate Knowledge

Discuss what students might experience on the field trip to the Lowes Foods supermarket. Tour highlights include:

- Shopping “smart” on a budget
- The benefits of eating locally-grown foods
- The importance of nutrition

Ask students what they think it means to be a “smart shopper” in a grocery store. Discuss how keeping to a budget and buying and eating healthy foods are both important parts of being a smart shopper. Talk about what it means to be healthy.

Then, introduce the concept of local, seasonal foods. Discuss how eating foods that are in season can be a very healthy way to eat. Ask students to name the foods they see growing in neighborhood gardens or at local farms and the time of year they see these items growing. Talk about how certain foods, such as pineapples or bananas, only grow in specific parts of the world. Discuss that climate and soil conditions effect where some foods are grown.

Budgeting

Shopping within a budget is an important life skill. On the field trip, students will discuss budgets and practice creating a balanced meal using local and healthy foods.

Introduce or reinforce the concept of budgets. Discuss why they are important. Then have students complete the Budget-Friendly Lunch worksheet.

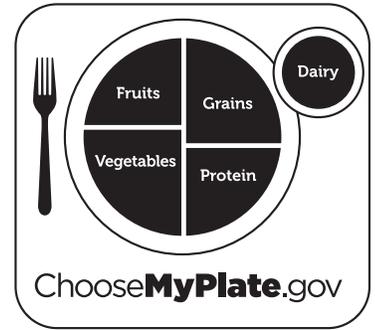


Name: _____

Date: _____

Budget-Friendly Lunch

You have \$10.00 to create a healthy lunch that includes foods from all 5 food groups. Circle the foods you want to include in your lunch. Think about which foods might be grown locally.



watermelon/\$1.25



grapes/\$1.50



peanut butter & jelly sandwich/\$3.00



fish sticks/\$4.00



milk/\$0.75



orange juice/\$1.00



chips/\$1.25



peanuts/\$1.00



carrots/\$0.75



greek yogurt/\$2.00



salad/\$2.50



popcorn/\$1.50

Add up your total items. How much was the cost of your lunch? _____

How much money do you have left over? _____