



Pre-Activities Grades 3-6

ShopRite Student Shopper™

We are pleased you will be participating in the ShopRite Student Shopper™ program!

When the ShopRite Ambassador visits your school, Part 1 of the 2-part program, students will engage in activities and discussion that will provide them with background knowledge about shopping for and eating nutritious foods.

Themes to be covered include:

- The importance of eating a variety of healthy foods from all 5 food groups
- Limiting “sometimes foods” that are high in fat and/or sugar
- Understanding MyPlate nutrition guidelines
- Reading Nutrition Facts labels
- Tips for shopping in the store to make the best choices

Familiarize students with MyPlate by holding up or projecting the MyPlate graphic. (See example graphic at end of this resource.)

Explain that MyPlate reminds everyone that foods from each food group should be on their plates at mealtime. Have students state the 5 food groups and provide example foods from each group, for example, milk is part of the Dairy group. After taking a few examples, ask students: **Why are the fruits and vegetables sections bigger than the other food group sections?** (Everyone should eat mostly fruits and vegetables each day.)

Then explain that students will use MyPlate to help them shop for items from each of the food groups in the ShopRite grocery store.

Suggest that shopping lists can save grocery shoppers time and help keep them on budget. To this end, students will complete the following Health Nachos Shopping List worksheet during the in-school visit to help them shop for their ingredients during their visit to the ShopRite store. Students will scan the ingredients at the end of the event, but will not actually purchase the items.

Please assign your class to a small group of 3-4 students before attending Part 1 of the program. Small groups will together create their shopping lists and shop for the ingredients.



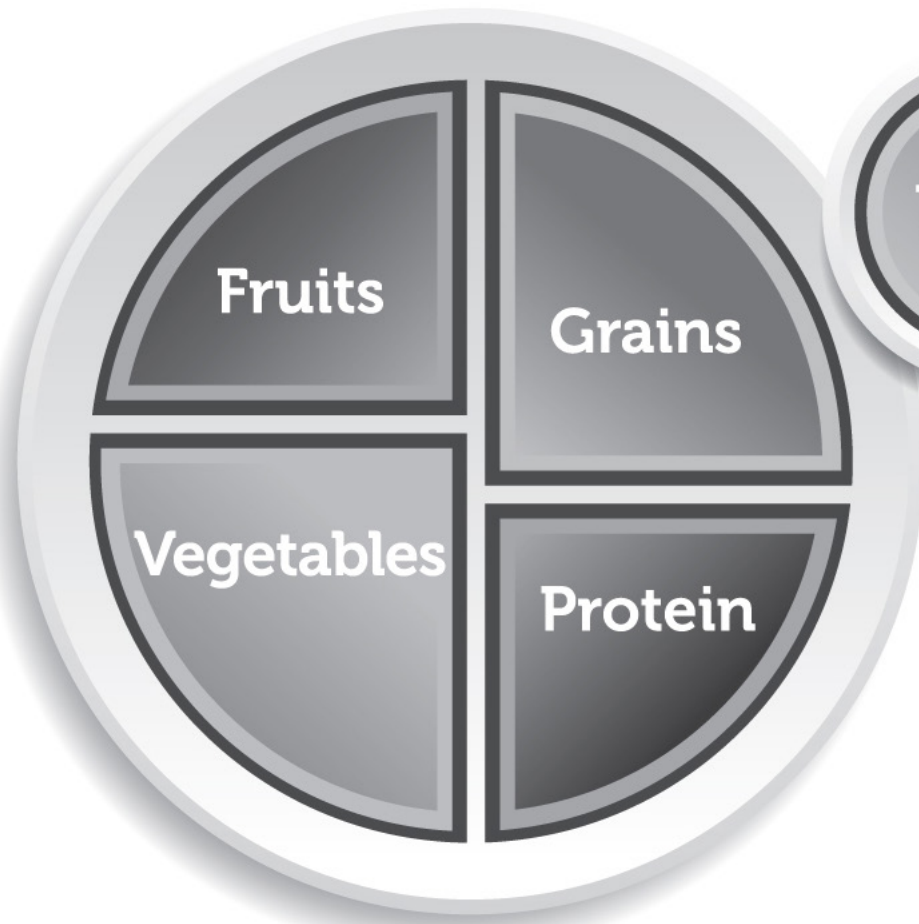
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Healthy Nachos Shopping List

Names of Group Members:

Category & Examples	Amount	Item Chosen	Price	Unit Cost
Protein – ground beef, ground turkey, chicken, steak, fish, beans	2 pounds			
Lettuce – ice berg, romaine, leaf, butterhead	1 head			
Tomatoes – fresh	2 large or 4 small			
Tortilla chips	1 large bag			
Low or reduced fat cheese – shredded or block	1 pound			
Extra ingredient				
Extra ingredient				



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