



Food Detectives

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

Engage students in a discussion about their experiences in a grocery store. Ask: **Do you like going to the grocery store? What do you like about going there? What kinds of things can you find at the grocery store?**

Discuss what students might experience on the *Food Detectives* field trip at your BI-LO supermarket.

Students will investigate the following topics and more in the various departments:

- The five food groups using MyPlate guidelines.
- The benefits of nutrients, including vitamins, fiber, and calcium.
- Proper food handling and safety.

Then introduce MyPlate to students. Display the MyPlate visual and ask students what they notice. Students may notice that some colored sections are bigger than others or that the red/fruits and green/vegetables take up half of the plate. Explain that each section represents one of the five food groups. Reinforce that it is important to eat foods from each of the food groups to get all of the nutrients our bodies need. Briefly discuss each food group and the types of foods that are part of each group.



Next, cut or print out pictures of different foods, a few from each food group. Here are some ideas:



Fruits: apple, banana, grapes, orange, berries



Vegetables: broccoli, spinach, sweet potato, squash, carrot



Protein: chicken, fish, nuts, steak, eggs

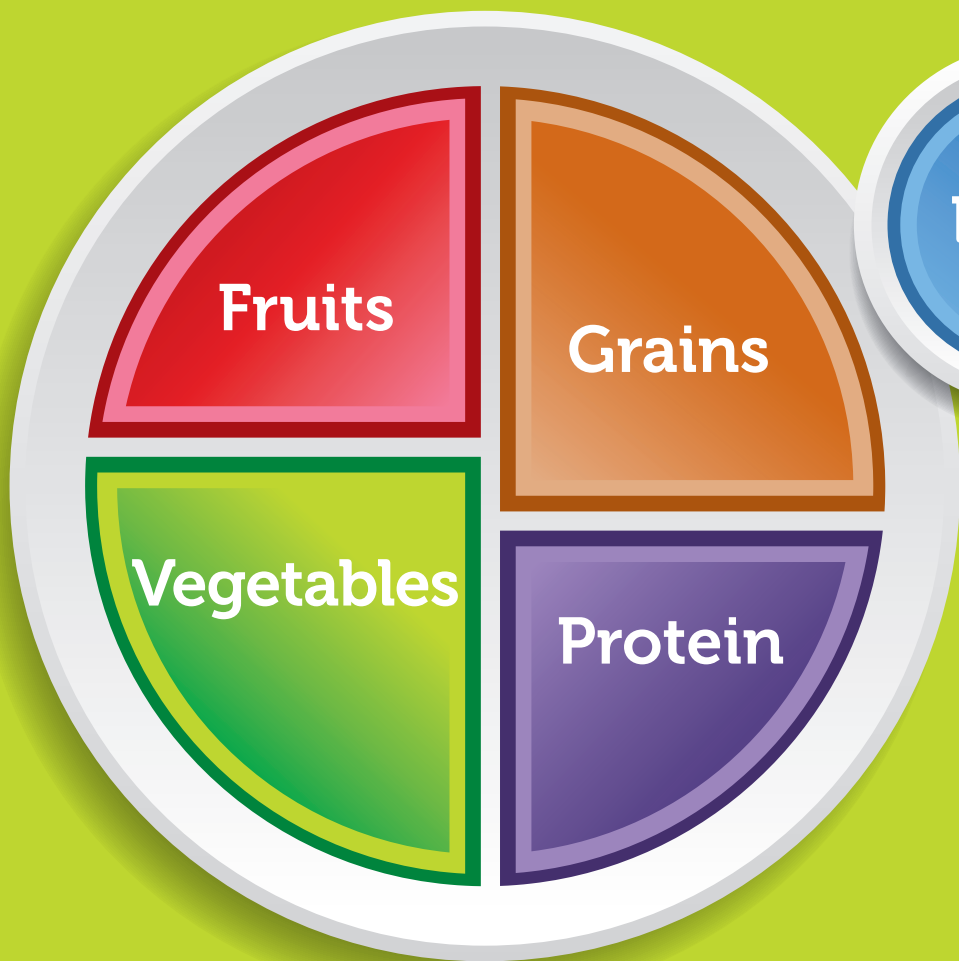


Grains: bread, pasta, rice



Dairy: milk, yogurt, cheese

Ask a student to pick up one food picture and name the food group it belongs to. You might have students move to a designated part of the room for each food group (fruits in the north corner) until all of the pictures have been chosen.



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