



# Be a Smart Shopper

We are pleased you'll be participating in the Be a Smart Shopper program! The following activities are suggestions to provide background knowledge and prepare students for the upcoming field trip.

## Before the Trip: Activate Knowledge

Discuss what students might experience on the field trip. Explain that they will learn how to make healthy choices as they explore the aisles of the store.

Topics include:

- Shopping for healthier cereals
- Choosing the most nutritious items at the deli
- Ideas for eating 5 servings for fruits and vegetables each day

As time allows students will also discuss the importance of personal care, being active, and caring for the environment.

Then ask students questions about the grocery store in general and their personal experiences in a grocery store.

**Ask: Do you like going to the grocery store? What do you like about going there? Who do you go with? What do you usually shop for at the grocery store?**

Explain that smart shoppers choose foods from all of the five food groups. Introduce the five foods groups to students and help them brainstorm foods that are part of each group.

- Fruits
- Vegetables
- Protein Foods
- Grains
- Dairy

Then complete the **Plants, Animals, and the 5 Food Groups** activity sheet. As a group, discuss which foods come from plants and which come from animals.

Answers:

1. Fruits
2. Protein Foods
3. Protein Foods
4. Grains
5. Dairy
6. Vegetables

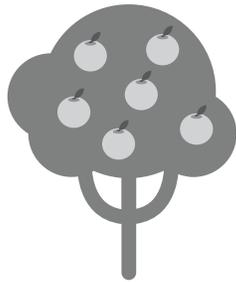


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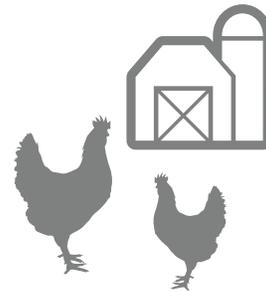
# Plants, Animals, and the 5 Food Groups

It is important to eat foods from the five food groups each day. Circle the food group for each food pictured below. Some of the foods come from plants and some come from animals.



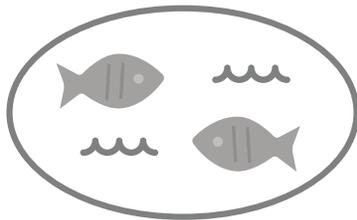
1. Orange

Fruits   Vegetables   Protein Foods   Dairy   Grains



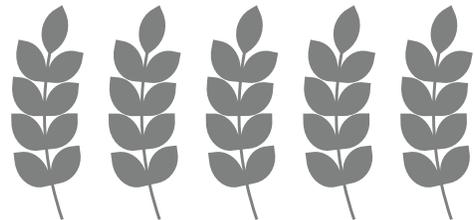
2. Chicken

Fruits   Vegetables   Protein Foods   Dairy   Grains



3. Fish

Fruits   Vegetables   Protein Foods   Dairy   Grains



4. Wheat

Fruits   Vegetables   Protein Foods   Dairy   Grains



5. Milk

Fruits   Vegetables   Protein Foods   Dairy   Grains



6. Lettuce

Fruits   Vegetables   Protein Foods   Dairy   Grains