Be a Smart Shopper!

After the Trip

Ask students their overall impressions of the field trip. *What did you enjoy? What didn't you enjoy? What surprised you? What do you want to learn more about?*

Have them share their general observations and reactions.

You may want to have the class compose and send thank-you letters to the field trip site host and/or other persons that supported the field trip. Mention a favorite activity or information learned during the field trip.

Demonstrate Knowledge

Have students choose a food item that their family purchases often, such as macaroni & cheese, crackers, chips or yogurt. Next time they go to the grocery store, have them buy two different brands of the item – their normal brand and a cheaper (generic) brand. If their normal brand is the cheaper brand, have them find another brand to taste test.

Ask students to complete the chart with the information from each brand – how much each costs, the Nutrition Facts information, and the amount of each product (the number of ounces, for example).

When students are at home they will perform the taste test. They will:

1. Label plates or bowls with #1 and #2.

2. Secretly put the items in bowls or on plates before tasting, remembering to write down which product is in which bowl/plate!

3. Ask their family to taste each item and guess which item is their usual brand vs. the other brand. Ask which tastes better.

4. Reveal the products along with the price difference. Have students consider the following questions and complete the worksheet. **Which brand has better nutritional value? Is one product locally grown? Which might be better for you and the environment?**

Be a Smart Shopper Taste Test

	Brand 1	Brand 2
Item:		
Cost		
Amount of fat		
Amount of fiber		
Amount of sugar		
Amount of sodium		
Amount of protein		
Amount of any other nutrients		
Organic/local vs. non-organic/not local		

1. Could you save money with one of the brands?

   _____

2. Which brand tasted better?

   _____

Which brand will you continue to use and why?

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FIELD TRIP FACTORY   GIANT EAGLE