



# Be a Smart Shopper!

## Before the Trip: Activate Knowledge

Prepare students for the Be a Smart Shopper Field Trip by engaging them in these activities.

Talk about ways students can be healthy. This includes eating fruits and vegetables, whole grains, protein, exercising, and getting enough rest. Discuss what making healthy choices in a grocery store means by comparing products. You might ask:

***Which would be a healthier choice: a cup of yogurt or a cup of ice cream?***

Discuss that being a smart shopper also includes shopping for value. Have students give an example defining the word “value.” For example, purchasing a larger box of cereal can be a value because you get more for your money. The price per ounce is usually less expensive in larger packages.

Then introduce MyPlate. Talk about the five food groups and have students brainstorm a short list of foods for each group.

Describe the main function of each food group, using this table.

Fruit	Keeps body healthy, fights disease, good for skin
Vegetables	Keeps body healthy, fights disease, good for skin
Dairy	Builds strong bones and teeth
Protein Foods	Builds strong muscles
Grains	Provides energy for work and play

Then have students complete the Food and Function worksheet.



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Function

Foods contain different nutrients (vitamins, minerals, fiber, proteins). Some nutrients give energy, others help bones and teeth. Each food group has a main function. It is important to eat foods from each food group so you get all the nutrients you need.

Food Group	Main Function
Fruits	Keeps body healthy, fights disease, good for skin
Vegetables	Keeps body healthy, fights disease, good for skin
Dairy	Builds strong bones and teeth
Protein Foods	Builds strong muscles
Grains	Provides energy to work and play

Read each example and answer the question using the chart above.

1. Kyle wants to make sure he has lots of energy for the big race tomorrow. Eating foods from which food group will help Kyle with the big race?  
\_\_\_\_\_
2. Jon broke his arm. What kinds of foods could Jon eat to help his arm heal?  
\_\_\_\_\_
3. Emma has a skin rash. The doctor gave her some medicine to put on the rash, but which foods do you think the doctor also recommended she eat?  
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4. Carla has been exercising regularly and eating healthy foods. She has noticed she feels stronger. Eating foods from which food group, in particular, has helped Carla to get stronger?  
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5. Ben's family has a history of heart disease. Eating food from which food groups would help Ben?  
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