



# 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.

Begin a discussion about grocery stores. Ask students: ***What can you find at a grocery store?*** Talk about the importance of food and how it gives us energy and helps our bodies grow, especially healthy foods.

Next, make a list of food items that students typically shop for when they go to the grocery store with their families. Have students state if they think the food is a healthy choice or a “sometimes” choice that they should eat once in a while.

Then introduce and display MyPlate. Describe MyPlate as a tool that can be used to decide if a meal or snack is healthy.

Ask students: ***What do you notice about MyPlate?*** Students may notice that some colored sections are bigger than others or that the red/Fruits and green/Vegetables take up half the plate. Explain that each color represents one of the five food groups. Discuss that it is important to eat foods from each of the food groups, naming some examples for each group.

Allow time for students to complete The Food Groups worksheet.

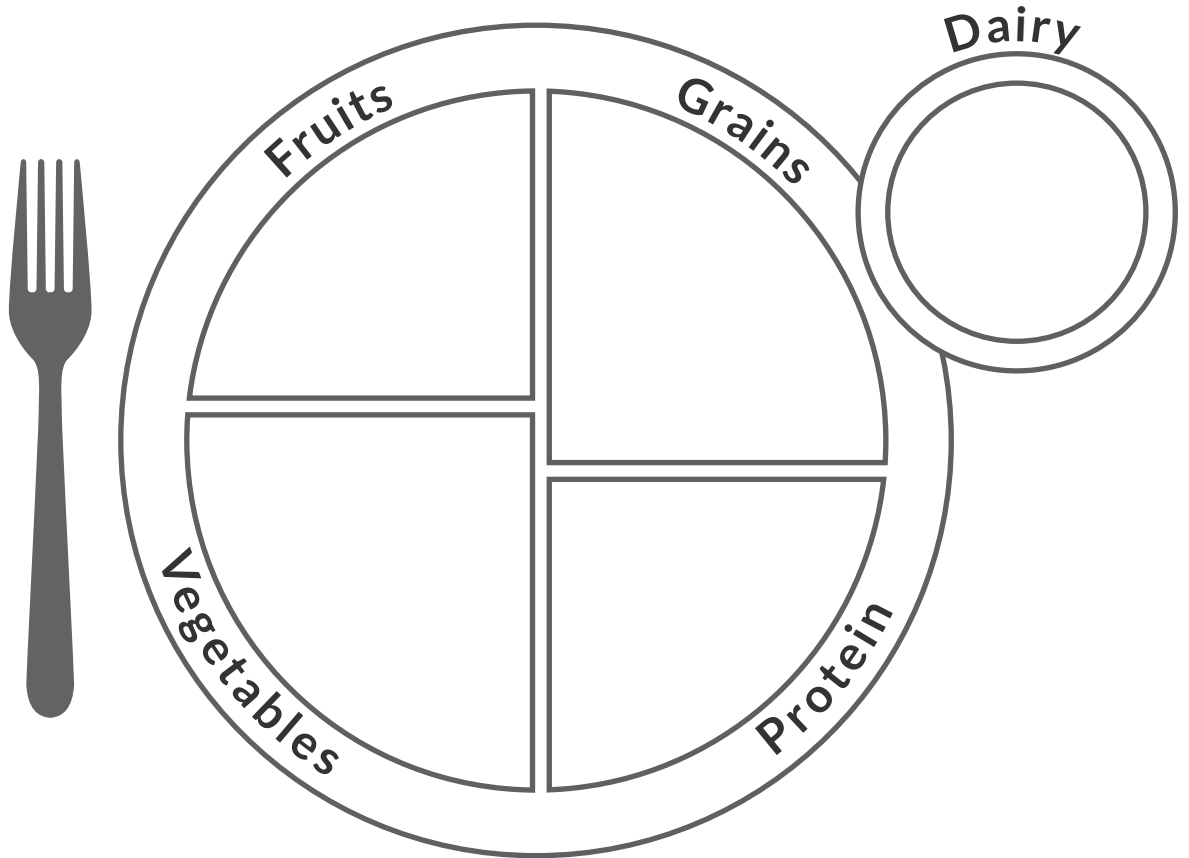


Name: \_\_\_\_\_

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

# The Five Food Groups

What foods belong to each food group? Draw a picture or write the name of some foods for each section of the plate. Use the Food Bank for help.



Choose **MyPlate**.gov

## Food Bank

broccoli

bread

green beans

cheese

rice

chili

banana

blueberries

oranges

chicken

milk

carrots