



# Guiding Stars® Store Tours

We are pleased you'll be participating in the Guiding Stars Store Tours 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 their field trip to the Hannaford supermarket.

Ask: **What items do you typically shop for with your family at the grocery store?**

Talk about the importance of food and how it provides energy and helps our bodies grow, especially healthy foods.

Ask: **What kinds of foods should we be eating?**

Explain that healthy foods are best for our bodies.

Ask students to brainstorm a list of healthy foods and a list of "sometimes" foods that should only be eaten once in a while, such as cakes and chips. Talk about how students feel when they eat healthy foods vs. "sometimes" foods with lots of sugar and fat. You might also talk about how students feel when they are hungry – tired, groggy, get upset easily. Help students conclude that it is important to make healthy choices when choosing food at the grocery store.

Next, explain that students will learn about ways that the Hannaford store is helping to keep not only people healthy, but Earth healthy, too. Help students brainstorm some ways that people and companies can help to protect Earth by reducing, reusing, recycling. For example, recycling plastics, reducing the amount of electricity used by turning off lights when leaving a room, reusing paper by using both sides.





Then, introduce the following vocabulary to students. Try to present an image (from a book or the Internet) for each word that helps to explain words or concepts.

**Natural** means “coming from nature.” When something is natural it doesn’t have extra ingredients added to it and it hasn’t been changed much from its original state.

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**Lean** means “having little or no fat.”

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**Processed** means “changed in a way from its natural state.” Processed foods are often packaged so that they are easy to prepare or make.

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A **vitamin** is a substance found in food that is healthy for your body.

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**Fiber** is found in food that helps you digest other foods.

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**Organic** means “grown without the use of chemicals.”

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**Nutrients** are substances that plants and animals need to be healthy and grow. Certain foods are rich in different nutrients.

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**Protein** is found in foods such as meat, chicken, fish, beans and peas, eggs, soy, nuts, and seeds. It builds strong bones and muscles.

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**Produce** are foods that have been grown, such as fresh fruits and vegetables.

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A **whole grain** contains all the parts of the grain. In other words, parts of the grain have not been taken away. Wheat, oats, barley are all grains, and used in some of the foods we eat, such as cereal and bread. Rice is also considered a grain.

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A **balanced meal** is one that has a healthy amount of foods from most of the food groups.

