



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 at the Hannaford supermarket.

Ask: **Why do people go to the grocery store?** Connect the idea that people go to the grocery store to buy food which gives them energy and helps them grow.

Ask: **What kinds of foods should we eat?** Explain that healthy foods are best for our bodies.

Then introduce the book, *The Very Hungry Caterpillar* by Eric Carle. Discuss how students feel when they are hungry – tired, groggy, get upset easily – vs. when they have eaten a healthy meal – energized, happy.

As you read the book aloud, help students identify the foods that the caterpillar eats as either healthy or as a “sometimes” foods that should only be eaten once in a while, such as cupcakes and chips. Reinforce why it is important to eat healthily. Help students conclude that it is important to make healthy choices at the grocery store.

Next, help students understand that many healthy foods come from plants. Show students an herb plant, e.g. basil or thyme.

Ask: **What is this? Where do plants come from? What does a plant need to grow?**

Explain that the leaves (after they have been washed) can be eaten to add flavor to a meal. Pass the plant around to students for them to smell. Explain that there are some plants that must not be eaten, but this herb is okay.

Activity

Have students plant some seeds, such as chives. Divide students into small groups and have the groups each plant a seed in a small plastic container with soil. Explain that seeds need soil, water, and light as you go through each step of planting the seeds. Help students connect that farmers plant seeds in the earth to grow crops. It is everyone's responsibility to take care of the earth since we use it to grow our food.

