

From the Field Trips TOUR HIGHLIGHTS

Tour Stop	Message & Activities*
Front of Store	Welcome and introductions. Overview of what it means to be a smart shopper by introducing the buying local concept. The importance of making healthy food choices is introduced. Activity: Introduce MyPlate; Introduce the Shop Smart budget activity (grades 3–6 only)
Produce Department S e m	Fruits and vegetables that are in season taste fresher and cost less. Activity: Guess the mystery produce; Taste a fruit or vegetable
Bakery S m	Half of the grains we eat should be whole grains. Activity: Act out/discuss what plants need to grow; Touch and taste a variety of whole grains
Seafood Department S m	Proteins like meats, fish, beans, and nuts help to give our bodies lots of energy and build strong muscles. Activity: See and compare the seafood and meat departments; Meet a lobster
Snack Foods Aisle e m	Snacks can be healthy too! When snacking, choose healthier items and eat in moderation. Activity: Make yogurt dip; Taste a pretzel and yogurt dip
Cereal Aisle m	Eat a healthy breakfast everyday. Activity: Taste a breakfast cereal; Read Nutrition Facts Label (grades 3–6)
Dairy Department S m	Dairy products contain calcium, protein, and vitamin D, all of which support strong bones and teeth. Learn about local milk. Activity: Taste 1% milk, Egg riddle
Frozen Foods f	Frozen foods are a good way to extend the life of fresh and local foods, decrease food waste and preserve nutrients. Activity: Visit the walk-in freezer
Check-Out m	Review key learnings. Healthy meals to make at home. Activity: Shop Smart budget worksheet (grades 3–6 only)

*All activities are subject to availability and may change depending on the age of the students and size of the class.

Learning Standard Key

S Science **f** Technology **e** Engineering **m** Math

Lessons, discussions and activities throughout the tour align with STEM curriculum. We have highlighted areas of the tour where Science, Technology, Engineering or Mathematics curriculum is particularly evident. These areas will be indicated by the letters to the left.

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