



Be a Smart Shopper

We are pleased you'll be participating in the Be a Smart Shopper 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 the field trip. Explain that they will learn how to make healthy choices as they explore the aisles of the store.

Topics include:

- Shopping for healthy cereals
- Choosing the most nutritious items at the deli
- Ideas for eating 5 servings for fruits and vegetables each day

As time allows students will also discuss the importance of personal care, being active, and caring for the environment.

Introduce the idea that there are many different products for sale in a grocery store and therefore lots to choose from. For example, for drinks alone, shoppers can choose milk, juice, soda, water, tea. The list goes on and on. But some foods and drinks are healthier than others. Ask students which of the drinks you mention are healthy. Then discuss what makes a food healthy.

- Healthy foods contain vitamins, minerals, fiber and low amounts of fats, sugars, and sodium.

Next, have students practice making healthy choices by completing the **This or That** activity sheet.



Answers to the **This or That** activity sheet questions are provided below. Use these as discussion points, students might be surprised by some of the answers.

1. Which is typically better for your heart? Chicken or extra lean ground beef?
Ans. Extra lean ground beef has more vitamins and minerals that give you energy and less cholesterol than chicken. But you must choose beef that is 97-99% lean.
2. Which has less sugar? Orange juice or apple juice? Ans. Orange juice - apple juice has about the same amount of sugar as soda.
3. Which is typically better? Salmon or cod? Ans. Salmon has more omega-3 fats which is good for your heart. Both are a good source of protein though.
4. Which is typically healthier? White bread or whole-grain bread? Ans. Whole-grain bread has more fiber, so whole-grain is the winner.
5. Which is typically healthier? Ice cream or frozen yogurt? Ans. It depends on the sodium, fat, and sugar content of each. It is important to read the nutritional labels to understand how much salt, fat, and sugar is in each product. You'll learn this skill on the field trip!



Name: _____

Date: _____

This or That

Circle the best answer. Explain why you chose that answer. You'll learn how to make healthy choices on the field trip!

1. Which is typically better for your heart?



chicken

or



extra lean
ground
beef

2. Which has less sugar?



orange
juice

or



apple
juice

3. Which is typically better?



salmon

or



cod

4. Which is typically healthier?



white
bread

or



whole-
grain
bread

5. Which is typically healthier?



ice cream

or



frozen
yogurt
