



## Ambassador at School (Part 1)

Theme	Message & Activities
Food & Energy	Nutritious foods provide us with the energy and allow us to grow in a healthy way. <b>Activity:</b> Engage in a physical activity.
Fats & Sugars	Limit foods high in fat and sugar to sustain energy and maintain a healthy weight. <b>Activity:</b> See how much sugar is in a typical can of soda; Distinguish between healthy foods and “sometimes foods.”
MyPlate	Follow MyPlate guidelines to ensure intake of a variety of foods and nutrients. <b>Activity:</b> Compare Whole and Refined Grains; Find foods from the 5 food groups to create a balanced MyPlate.
Nutrition Facts Label	Use Nutrition Facts Labels to make healthy food choices. <b>Activity:</b> Analyze a Nutrition Facts Label to learn what is in your food.
Budgets	Save time and money by using a shopping list in the grocery store. <b>Activity:</b> Write a shopping list to make healthy nachos, which will be used during part two of the program at a ShopRite store.

## In-Store Field Trip (Part 2)

Tour Stop	Message & Activities
Produce	Half of your plate should be fruits and vegetables. <b>Activity:</b> Scavenger hunt for a variety of colorful produce, shop for ingredients, weigh produce
Bakery	Make half the grains you eat whole grains. <b>Activity:</b> Search for foods that contain whole grains, practice fractions using items from bakery
Deli	Foods from all of the food groups are found in the deli. <b>Activity:</b> Estimate the weight of a few deli items, find bargains in the deli and determine cost
Cereal	Look for cereals with whole grains and low amounts of sugar. <b>Activity:</b> Use Nutrition Fact Labels to compare the amount of sugar in different cereals
Dairy	Choose dairy items that are low fat. <b>Activity:</b> Rank four dairy products in order from highest to lowest fat content, shop for ingredients
Butcher Shop/ Seafood	Choose lean meats. <b>Activity:</b> Match the animal to the protein it provides, shop for ingredients
Snack Aisle	Look for snacks that are low in fat and sugar. <b>Activity:</b> Visualize the amount of fat in two different kinds of potato chips, shop for ingredients
Pantry Staples	Canned foods have the same nutrients as fresh and frozen food and have a long shelf life. <b>Activity:</b> Shop for ingredients
Check Out	Review key takeaways. <b>Activity:</b> Scan ingredients to determine final cost.

Post-trip activities that extend the learning and fun can be accessed by clicking the Resources tab at [www.FieldTripFactory.com/ShopRite](http://www.FieldTripFactory.com/ShopRite).