

concept

Introduce children to the layout of a grocery store, its various sections, and the different types of foods and where they come from.

Let's Take a Trip to the Grocery Store



goals

1. Children will become aware of the different sections of the grocery store (fresh produce, meat, dairy, frozen food, bakery, and canned goods).
2. Children will learn what foods are found in each section of the grocery store.

objectives

1. Children will be able to identify the types of foods found in grocery stores.
2. Children will learn where foods come from before they arrive at the grocery store (from plants and animals).

activities

1 Have the children sit in a circle on the floor and discuss grocery stores with them. Say, "Raise your hand if you have ever gone shopping with your mom or dad. Sometimes we shop for clothes or shoes and sometimes we shop for toys or foods. When we shop for foods, we usually go to a grocery store. Can you say 'grocery store'? Very good. A grocery store is a store that sells lots of different foods."

2 In an animated voice, read the book, *A Visit to The Supermarket*. Say, "Supermarkets and grocery stores are the same thing. What do your parents call the store where you get food? Do they call it the grocery store, supermarket, or just the store?"

Allow children an opportunity to share their responses. Ask, "What type of things can you buy from the grocery store?"

Give each child a chance to answer. Show examples or pictures of items bought or seen at the grocery store from each of the different food groups.

MATERIALS NEEDED

- *A Visit to The Supermarket* by B. A. Hoena
- Pictures of various foods (use pictures from magazines, the internet, or other lessons)
- Large pieces of paper
- Tape
- Variety of empty food containers or packages to use for play groceries
- Construction paper (a few sheets to make play money)

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3 Continue, "There are many different sections in the grocery store. There is the fruit and vegetable section (called fresh produce), the meat section, dairy section, frozen food section, canned goods section, and the bakery."

4 Using the pictures of various foods, show the children examples of foods found in a grocery store. Tell them what section of the grocery store the different types of food can be found in. Have them repeat the names of the foods after you say them. For example, "This is a carrot. It can be found in the fruit and vegetable or fresh produce section of the grocery store. Can you say carrot? Very good."

Include items from all sections of the store including fresh produce, meat, dairy, frozen foods, canned goods, and bakery.

5 Have the children help you make a grocery store bulletin board on a classroom wall that they can reach. If a bulletin board is not an option, place large pieces of paper on the floor so the children can tape pictures of food on the paper. Divide the bulletin board or the large paper into small sections—one for each section of the grocery store (fresh produce, meat, dairy, frozen foods, canned foods, and bakery). Let each child pick one or more foods from the pictures to be included on the bulletin board.

Help the children decide which section the food should go into. Let the children tape the food on to the correct section of the bulletin board.

6 During lunch or snack time, have the children decide which section of the grocery store their snacks would be found in. For example, "For snack today, we are going to have ham and bread. What section of the grocery store is ham found in? That's right, ham is found in the meat section. What section is bread found in? Very good, bread is found in the bakery section."

7 Have the children sit in a circle on the floor. Using the same pictures of foods from the previous activity, review with the children what the foods are and where they can be found in the grocery store. Say, "Some foods like milk, cheese, and yogurt are kept cold, dairy is kept in the refrigerator. Some fruits and vegetables are kept cold too!"

Then ask the children some questions about where things are in the grocery store. For example, "Is milk found in the meat section of the grocery store? No, milk is found in the dairy section."

Congratulate the children for answering correctly.

8 Say, "You all know a lot about the grocery store! Who can tell me where foods come from before they arrive at the grocery store? That's right, they come from a farm. Some foods are from plants and some are from animals."

Show children the individual empty packages of food and tell them where they come from, always focusing on whether the food comes from a plant or animal. For example, while showing a carton of milk ask, "Do you know where milk comes from? Yes! That's very good; milk comes from a cow. Is a cow an animal or a plant?"

Let the children respond and then say, "Correct, you are all so smart!"

Continue using other examples of foods by saying, "Do eggs come from plants or animals? Do oranges come from plants or animals?"

Have the children get up and sort the empty food packages to show which come from plants and which come from animals.

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9 Select an open area in the classroom to create a play store. You may want to collect additional empty cans, food containers, and packages with pictures on them which help identify foods. If these items are not available from your kitchen, ask parents to donate these items or cut pictures from magazines. Open cans from the bottom using a can opener that does not leave any rough edges.

Children can use boxes or shelves to stack these items. Have the children sort the items according to each section of the grocery store they belong in. Playing store teaches children social skills such as cooperating and taking turns.

10 Use play money from games or make play money by cutting out different sizes on construction paper to represent money. Allow children to have unstructured play time to play grocery store. Let children decide who the storekeeper is and who the shoppers are, and what the rules are for the game.

11 Announce, "We will be playing a fun game. Let's stand in a circle so that we can play Grocery Store Aerobics!"

Explain that you will show them what to do and then they can do it too. Say, "This game is fun and can show us some of the movements our bodies do when grocery shopping."

Say, "If you want to get something you might have to reach, squat, push, pull, and lift things into your grocery cart."

Demonstrate the movements and ask the children to do the movements also. If desired, you can have music playing in the background. In a very animated voice say, "Let's imagine we are in a grocery store, watch me and do what I do!"

Call out the movements and do them for 4 to 6 seconds each, alternating sides. Remember to enthusiastically model these movements in a manner that will encourage children to be more physically active.

"Reach—reach for fresh bread up on the shelf.

Squat—squat down, there's a jar of peanut butter way down low.

Push—push the grocery cart, it's getting heavier.

Pull—pull and turn the grocery cart, you're going the wrong way.

Lift—lift a gallon of lowfat milk.

Jump up—jump up for joy, you found strawberries and bananas for a milkshake!

Bag—put your groceries into a bag.

Carry—pick up your grocery bags and carry them as you walk out of the store."

Clap and tell the children they have all done a wonderful job!

Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.

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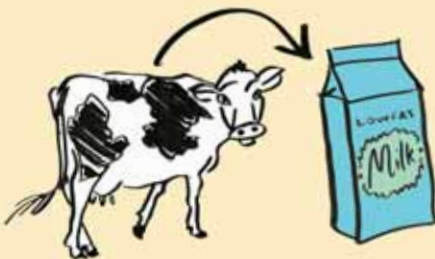


goals

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objectives

1. Children will be able to identify foods found in each section of the grocery store.
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activities

- 1 Have the children sit in a circle on the floor and discuss grocery stores with them. Ask, "What is a grocery store?"

After giving each child a chance to answer, explain, "Supermarkets and grocery stores are the same thing. Grocery stores are places that sell food for us to eat. Supermarkets have lots of aisles with lots of different foods. Today we are going to learn about some of the foods in the grocery store—where the foods come from before they get to the store and where you can find them once they are in the store."

Enthusiastically read the book, *A Visit to The Supermarket*.



MATERIALS NEEDED

- *A Visit to The Supermarket* by B. A. Hoena
- Pictures of various foods (use pictures from magazines, the internet, or other lessons)
- Signs for each section of the grocery store: fresh produce, meat, dairy, frozen food, canned goods, and bakery
- Optional: a variety of empty food containers or packages

- 2 Ask, "What type of things can you buy from the grocery store?"

Give each child a chance to answer. Show examples (pictures, food containers, play food, etc.) of items bought or seen at the grocery store.

- 3 Say, "There are many different sections in the grocery store. There's a fruit and vegetable section (called fresh produce), the meat section, dairy section, frozen food section, canned goods section, and the bakery."

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4 Show children examples of food found in a grocery store. Tell them what section of the grocery store the food can be found in. Have them repeat the names of the foods after you say them. For example, "This is okra. It can be found in the fruit and vegetable or fresh produce section of the grocery store. Can you say okra?"

Include items from all sections of the store including fresh produce, meat, dairy, frozen foods, canned goods, and bakery.

5 After you have shared various examples of food items as indicated in the steps above, let the children sort them into which foods go in the different sections of the grocery store. To get the children up and moving, post grocery store section signs around the room. Let each child take an empty food container, package, or picture and walk it over to the section of the grocery store where it would be found.

6 Have the children sit in a circle again. Using the foods from the previous activity, review with the children what the foods are and where they can be found in the grocery store. Then say, "You all know a lot about the grocery store! Who can tell me where foods come from before they arrive at the grocery store? That's right, they come from a farm. Some foods are from plants and some are from animals."

7 Show children the individual foods and tell them where they come from, focusing on whether the food comes from a plant or animal. For example, while showing a carton of milk ask, "Do you know where milk comes from? Yes! That's very good; milk comes from a cow. Is a cow an animal or a plant?"

Let the children respond and then say, "Correct, you are all so smart! Some foods like milk, cheese, and yogurt are kept cold—dairy is kept in a refrigerator. Some fruits and vegetables are kept cold too!"

Continue using other examples of foods by asking, "Do eggs come from plants or animals? Do oranges come from plants or animals?"

Have the children get up and sort the foods to show which come from plants and which come from animals.

8 Announce, "We will be playing a fun game. Let's stand in a circle so that we can play Grocery Store Aerobics!"

Explain that you will show them what to do and then they can do it too. Say, "This game is fun and can show us some of the movements our bodies do when grocery shopping."

Say, "If you want to get something from the grocery store you might have to reach, squat, push, pull, and lift things into your grocery cart."

Demonstrate the movements and ask the children to do the movements also. If desired, have music playing in the background. In a very animated voice say, "Let's imagine we are in a grocery store, watch me and do what I do!"

You can call out the movements and do them for 4 to 6 seconds each, alternating sides. Remember to enthusiastically model these movements in a manner that will encourage children to be more physically active.

Reach—reach for fresh bread up on the shelf.

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Clap and tell the children they have done a wonderful job!

Remember to make copies of the parent letter with the take-home activity sheet printed on the reverse side to send home with each child. The community fact sheet is also included for you to copy and display at your center or distribute as appropriate.

Dear Parent:

Your child has been learning about the grocery store and items found there in our *Let's Take a Trip to the Grocery Store* lesson. We have learned the different sections of the grocery store. These sections include fruit and vegetable (fresh produce), meat, dairy, frozen food, canned goods, and the bakery. We have also learned what foods are in each section.

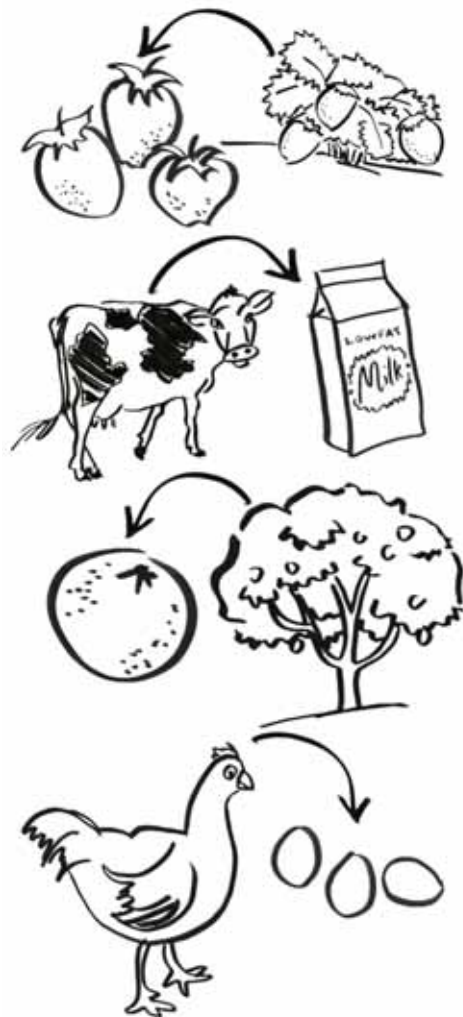
The grocery store is a great place for children to learn about foods. We have learned that:

- There are many different kinds of foods.
- Some foods come from plants and others from animals.

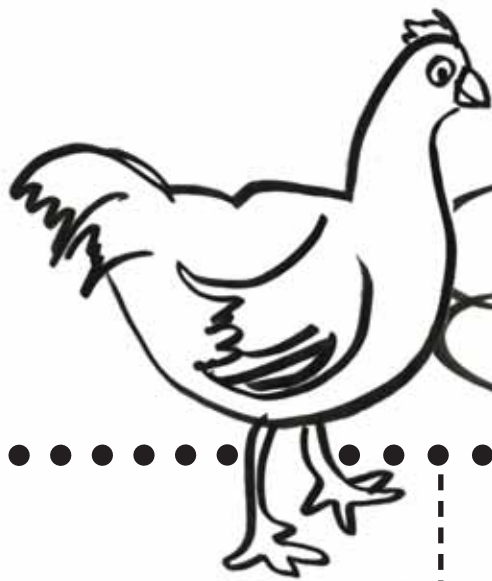
Plan a trip to the grocery store with your child and let them help you shop. As you go to the different sections of the grocery store, talk with your child about the different foods found in each section. Ask them questions about the different foods:

- Is it a fruit or a vegetable?
- Does it come from a plant or an animal?
- Should it be in the refrigerator or not?

While shopping, you may have your child look for features of the food like those listed above. Have your child help you shop by playing games, like Grocery Bingo which is included on the back of this letter. When the child has spotted all of the foods on the bingo sheet, he/she can call out BINGO! You can create your own bingo card with items on your shopping list. Let your kids be "produce pickers." Help them pick fruits and vegetables at the store. Having your child participate in the shopping experience allows you the opportunity to role model making healthy food choices.



Sincerely,



Grocery BINGO

When shopping, have your child circle the food item when they find it. When all of the foods have been circled they can call out BINGO!



You can be a Grocery Store Genius

Are you challenged with juggling work, children and daily household chores? Do you freeze when you hear the question, "What's for dinner tonight?"

With a little preparation, become a "Grocery Store Genius" and reduce your cooking stress. A well-stocked pantry and refrigerator can save you money and time. Try these grocery shopping tips:

■ **Make a list of your essential staples first.**

For most families it can include milk, flour, condiments, eggs, grains such as bread or pasta, beans, and canned fruits and vegetables.

■ **Check your pantry for items that you will want on your list.** Keep a pad by the refrigerator, and as things get low you can add them to the list.

■ **Buy in bulk when possible.** Buying two or more of items you use frequently can help you save money.

■ **Buy foods that are on sale or in season** such as fruits and vegetables which are at their freshest.

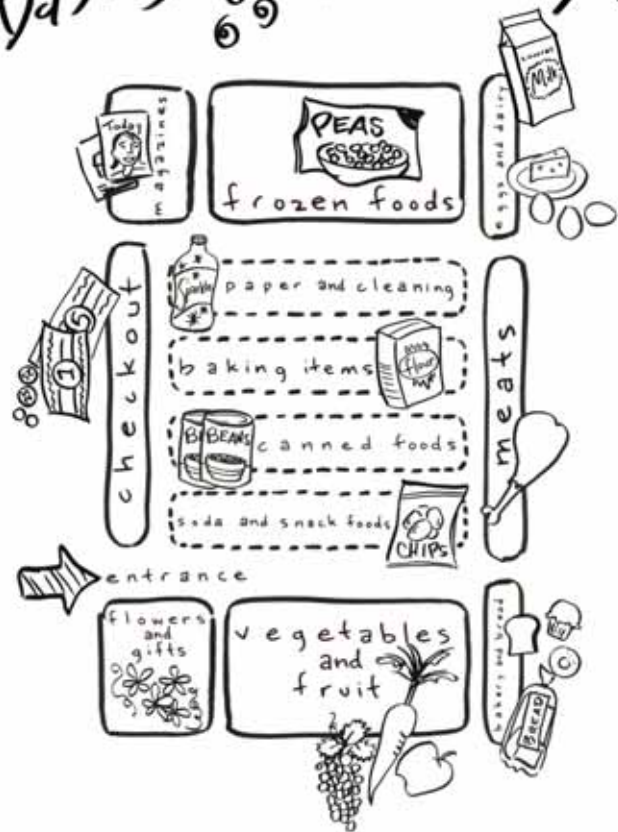
■ **Use coupons, but only for items you would normally use.** Avoid marketing traps; coupons can defeat your savings if you're not using them wisely.

■ **Be sure to check the store scanner for price errors and receipts for accuracy.** Be sure and count your change before leaving the register.

Teach your child to be a Grocery Store Genius!

Teach your child meal planning and how to select healthy foods. Begin the process by encouraging your child to help you locate different foods from several of the food aisles. This is an excellent opportunity to create a teaching moment and get some help while you're shopping.

basic grocery store layout ©



For more information on how you can build a healthy diet with smart shopping visit:
www.fns.usda.gov/tn/Resources/Nibbles/family_shop.pdf.

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references and resources

1. Hoena, B.A. *A Visit to the Supermarket*. Minnesota: Capstone Press, 2004.
2. Fruits & Veggies—More Matters®. "Encourage Kids to Eat More Fruits & Veggies." Website: www.fruitsandveggiesmatter.gov/downloads/kids_fv_tips.pdf
3. Nutrition.Gov website. "Build a Healthy Diet with Smart Shopping." Website: www.fns.usda.gov/tn/resources/nibbles/family_shop.pdf
4. Florida Department of Education: Office of Early Learning, 2008 Voluntary Prekindergarten Education Standards. Website: www.fldoe.org/earlyLearning/pdf/FINALVPKEducationStandards.pdf
5. U.S. Department of Agriculture Food and Nutrition Service's Core Nutrition Messages. Website: www.fns.usda.gov/fns/corenutritionmessages/default.htm

