

Foods  
Fieldtrip  
Supermarket Scramble

You will explore the grocery store with a partner and answer the following questions. Meet at the flowers section of the store near the front door when you are finished.

1. Find the boxes of **Bretton Crackers Original** and **Stoned Wheat Thins, Original** and look at the nutrition label to compare the nutritional content.
  - a. How many grams is one serving
    - i. Bretton:
    - ii. Wheat Thins:
  - b. How much sodium is in each serving?
    - i. Bretton:
    - ii. Wheat Thins:
  - c. Circle the one that has **less** sodium.
  - d. How much fibre is in each serving?
    - i. Bretton:
    - ii. Wheat Thins:
  - e. Circle the one that has **more** fibre.
  - f. What are the first 3 ingredients on the ingredient list?
    - i.
    - ii.
    - iii.
2. Find the **Honey Nut Cheerios** cereal and the **multigrain Cheerios** cereal and look at the nutrition label to compare the nutritional content.
  - a. How many grams is one serving
    - i. Honey Nut Cheerios:
    - ii. Multigrain Cheerios:
  - b. How much fibre is in each serving?
    - i. Honey Nut Cheerios:
    - ii. Multigrain Cheerios:
  - c. Circle the one that has **more** fibre.
  - d. How much sugar is in each serving?
    - i. Honey Nut Cheerios:
    - ii. Multigrain Cheerios:
  - e. Circle the one with **less** sugar.
  - f. What are the first 3 ingredients on the ingredient list?
    - i.
    - ii.
    - iii.
3. Go to the produce department and look at the stickers and signs for the produce.
  - a. Write down the name of three different kinds of apples and where they are from.
    - i. Name: \_\_\_\_\_ From: \_\_\_\_\_
    - ii. Name: \_\_\_\_\_ From: \_\_\_\_\_
    - iii. Name: \_\_\_\_\_ From: \_\_\_\_\_

## Foods

### Fieldtrip

#### Supermarket Scramble

- b. Find the kale
  - i. Where is it from?
  - ii. How much is one bunch of kale?
- c. Find the beets with their tops.
  - i. Where are the beets from?
  - ii. How much are they per bunch?
- d. Find the pre-peeled beets in a bag.
  - i. How much do they cost?
  - ii. Which one is a better deal, the prepared beets or the beets with their tops?
- e. Find the bananas.
  - i. Where are they from?
- f. Find one fruit or vegetable you have never eaten before.
  - i. Name:
  - ii. Where from:
  - iii. Price:
- g. List three fruits from Canada found in the produce section:
  - i.
  - ii.
  - iii.
- h. Do you notice any food trends that are obvious in the grocery store (emphasizing keto diet, plant based, eating local, game meat, etc.)? What evidence do you see of them? (packaging, strategic placement, labels, etc) how are these marketed to you in the store? Be specific and provide detail! You can take a photo too.
- i. Go to the cashier area. What do you notice at the line up? Provide details!

