
SHOPPING

Leader Guide for Lesson Nine

Shopping Display

A display can help flesh out this lesson. Consider some of the following ideas...

- **Interactive Display:** Put up a large, blank MyPlate image inside a picture of a shopping cart. Have adults write down healthful foods that would fit in each group. Kids can also draw pictures of those foods.
- **Shopping Tips:** Center a picture of MyPlate on your board, then surround it with word bubbles full of shopping tips that will make grocery trips easier and result in more healthful purchases.
- **Shopping List Samples:** Write out a list of healthful foods, dividing them into MyPlate categories. This can serve as shopping inspiration.

Lesson #9: Activity Ideas

Make a List! (Kids) Explain that, in order to have meals like MyPlate, people have to fill their shopping carts like MyPlate too. Find out who has gone to the grocery store with their parents. What was the experience like? Have each child pretend that they are in charge of meals for the week and plan a grocery list. What do they need to do in order to get food for healthful meals? Feel free to use the shopping list handout included in this lesson. Come back together as a group and discuss the lists.

Grocery Tour: (Adults) Take a field trip to the grocery store. Discuss the layout of the store and how to find foods that match MyPlate's advice. Spend some time on Nutrition Facts labels, demonstrating how to evaluate sodium content, added sugars, saturated fat ratios, etc. Offer participants a chance to get groceries, and discuss what they found. Why did they pick what they picked?

