



Name _____

Hour _____

VIDEO WORKSHEET

1. What is a good thing to have when you go shopping? _____
2. Name three of the many departments in a grocery store:
a. _____ b. _____ c. _____
3. "Staples" are products you use everyday. Name three staples:
a. _____ b. _____ c. _____
4. How might you save money when grocery shopping? Circle the correct answer.
a. Newspaper advertisement d. Shop when you have a full stomach
b. In store circular/advertisement e. All of the above
c. Coupons
5. Where on a shelf will you often find the most popular items in a store? _____
6. When purchasing a product, you need to do some detective work. What are two things you might compare or consider about a product?
a. _____ b. _____
7. Food packages, particularly poultry, ground beef and other perishable foods, contain lots of information such as:
a. _____ dates c. _____ instructions
b. _____ facts
8. What does the "unit pricing" sticker usually found on a store shelf label tell you?
9. When selecting fresh fruits and vegetables, what are at least two things to check?
10. Eggs, dairy products, and meat have grading systems. What is the highest grade of eggs? _____
What is the highest grade of meat? _____
11. Proper storage and labeling of leftover food is important. How quickly should you use leftovers for optimal health? _____

Remember - Shopping right is eating right and that means living right!



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TEACHER'S KEY

1. What is a good thing to have when you go shopping? a shopping list
2. Name three of the many departments in a grocery store:
Produce, dairy, meat, frozen foods, snacks, beverages, delicatessen, bakery, housewares
- larger stores may also have bank, pharmacy, photo shop, or floral departments.
3. "Staples" are products you use everyday. Name three staples:
Milk, eggs, flour, sugar, salt and pepper.
4. How might you save money when grocery shopping? Circle the correct answer.
 - a. Newspaper advertisement
 - b. In store circular/advertisement
 - c. Coupons
 - d. Shop when you have a full stomach
 - e. All of the above
5. Where on a shelf will you often find the most popular items in a store? eye level
6. When purchasing a product, you need to do some detective work. What are two things you might compare or consider about a product?
Price, number of portions or portion size, healthful benefits (nutrition facts), and taste.
7. Food packages, particularly poultry, ground beef and other perishable foods, contain lots of information such as:
 - a. sell by or use by dates
 - b. nutrition facts
 - c. safe handling instructions
8. What does the "unit pricing" sticker usually found on a store shelf label tell you?
The price per ounce or price per pound of a food.
9. When selecting fresh fruits and vegetables, what are at least two things to check?
Check the "feel", the "smell", and the "appearance"; and check with the grocery store's produce staff, if you have questions.
10. Eggs, dairy products, and meat have grading systems. What is the highest grade of eggs? Grade AA
What is the highest grade of meat? Prime
11. Proper storage and labeling of leftover food is important. How quickly should you use leftovers for optimal health? within 48 hours



SHOP SMART

Unit-Pricing:

This is just what the name implies: the price per unit. It gives you the cost per ounce, pound, pint, quart, gallon, etc. Thus price per unit helps you find the best buy dollar-wise among several items with different total prices. Generally, the unit price is printed on a label below the item, and it gives the total price, name, and size of the item as well.

1-015-102	10 5 LB
UNIT PRICE 31.0 cents per LB	RETAIL PRICE \$1.55
PUR BF/EGG DG CH 41263	

Pre-Packaging:

More produce, meat, and other perishables are being prepackaged in assorted weights and sizes. This allows for more self-service, cuts down on spoilage, and provides cleaner foods.

Open-Dating:

Many states require that an open (freshness) date appear on perishable items such as milk. When an item is purchased on or before that date, and kept under proper storage conditions at home, peak freshness is assured.

Nutrition Labeling:

The Food and Drug Administration requires nutrition labeling on food products to which a nutrient has been added, and when a nutrition claim is made for the food either on the label or in advertising. This information includes: serving size, number of servings per container, as well as the percentage of Recommended Daily Allowance (RDA) per serving for various vitamins and minerals.

Nutrition Facts			
Serving Size: 1 cup (248 g)			
Servings per Container: 4			
Amount Per Serving			
Calories 150	Calories from Fat 35		
		% Daily Value*	
Total Fat 4g			6%
Saturated Fat 2.5g			12%
Cholesterol 20mg			7%
Sodium 170mg			7%
Total Carbohydrate 17g			6%
Dietary Fiber 0g			0%
Sugars 17g			
Protein 13g			
Vitamin A 4%	Vitamin C 6%		
Calcium 40%	Iron 4%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			



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UPC:

These initials stand for Universal Product Code, a bar and number symbol, at the right, printed on all products sold in the supermarkets.

- ★ The first five digits identify the manufacturer;
- ★ The second five digits represent the product



At the checkout counter, a scanner “reads” the bar part of the symbol and records it in the computer that controls the cash register. In seconds you receive a detailed sales slip identifying the item, manufacturer, and the price.

This system is designed to shorten the check-out time, and at the same time provide an up-to-the minute inventory for the supermarket.

Smart Shopping Tips

- ★ Don't shop on an empty stomach. Pushing a cart around when you're hungry might make you buy more than you need or want.
- ★ Make a shopping list and follow it closely.
- ★ Shop for the best buys. Read the label and compare price and quality.
- ★ Buy fresh fruits, vegetables and other foods when they are in season, or plentiful.
- ★ Use unit-pricing so that you know exactly how much you pay for an item.
- ★ Learn to use open dating to be sure you are getting the freshest product.
- ★ Compare the labels on products to be sure you are getting the most nutritional values.
- ★ Watch for store specials, coupon offers, and special sales. But cash them in only if you use the products or want to try them.



STEP UP TO SAVINGS!

SAVE

- Following these steps helps stretch your food dollar.

SHOP

- Stick to your list.
- Compare prices (store brands and sale items are not always the best buy).
- Check higher & lower shelves for less costly items.

REMEMBER

- Take list and coupons.
- Avoid shopping when tired, hungry or rushed.
- Convenience foods are often more costly than home prepared.

WRITE

- Grocery lists.
- Sale prices next to items on the list.

CHECK

- Foods you have on hand and those you need.
- Newspaper ads for weekly specials.
- Coupons for items you use.

PLAN

- Meals and snacks for a week.
- A variety of foods:
 - Bread, cereal, rice, and pasta
 - Vegetables & fruits
 - Milk, yogurt, and cheese
 - Meat, poultry, fish, dry beans, eggs, and nuts

