

Name: _____

Hour: _____

VIDEO WORKSHEET

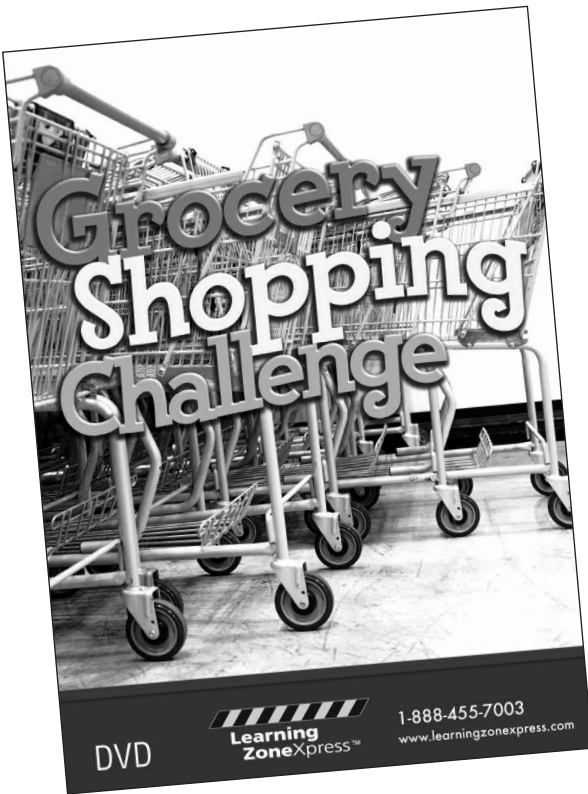
Review

Directions: After watching “*Grocery Shopping Challenge*”, answer the following questions.

1. How should your shopping list be written out?

2. Why should you not shop when you're hungry?

3. What are some ways can you save money and not compromise nutrition in the produce section?



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TEACHER'S KEY

Review

Directions: After watching “Grocery Shopping Challenge”, answer the following questions.

1. How should your shopping list be written out?

In the same order as the store so you don't have to backtrack to find what you need.

2. Why should you not shop when you're hungry?

You might buy more than you need. 2/3rds of the items in the average grocery cart are impulse buys.

3. What are some ways can you save money and not compromise nutrition in the produce section?

Choose produce that is in season, it is less expensive. Choose frozen fruit and vegetables when out of season, which is frozen at its peak and can have a higher nutrient content.

Prewashed and cut lettuce can cost twice as much as whole heads of lettuce.

For better nutrition, look for intensity and deepness of color when shopping for vegetables.



4. What influence does shelf location have on shoppers?

Food companies pay extra fees to stores to place their brands at shoppers' eye level. Consequently, these products are usually the most expensive. To save, look higher or lower – that's where you'll find generic products (also called store brands and private label), which are cheaper because there is no advertising expense and the store can buy them direct.

5. How can you use unit price when grocery shopping?

Unit price can be used to compare different brand and sizes of similar products to help determine what is the best buy.

6. Why should you look at grocery ads or flyers before making a shopping list?

You can see what is on sale and plan your menus to make use of specials when possible.

7. What considerations should you take when using coupons?

Clip coupons for items you usually buy

Clip coupons for brands and items you know you're going to buy and use

Mark items you have coupons for on your shopping list

Paperclip coupons to your shopping list

8. Why is the milk usually located in the back of the grocery store?

So shoppers walk past other products they might have forgotten they need or want, so they buy it on impulse

