

## Supermarket Activity Instructions

Each of the hand-outs uploaded to the website for this activity is set up with items that you would find in different sections of the supermarket

- Vegetables & Fruits
- Grain Products
- Milk & Alternatives
- Meat & Alternatives
- Snack Foods/Beverages/Other Foods
- Convenience Foods
- Fats and Oils

In this hand-out you will find a worksheet for each grocery store section

- For each grocery store section, work as a group to answer questions and brainstorm.
- You can use the hand-outs from this class to answer the questions.
- The sample 'Nutrition Facts' label provided for each worksheet will highlight the important nutrients to focus on for each station.
- We will re-group at the end and discuss what we have learned and observed.
- Have fun!

## Vegetables & Fruit Activity



1. It is recommended that we eat fruits and vegetables of all colours. Why do you think that is?

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2. What is one barrier you face when trying to eat more vegetables? Brainstorm with your group on ways to increase your daily vegetable intake:

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3. Check out the provided labels for canned fruit (peaches). What is different about the 'canned peaches' compared with 'canned peaches packed in water'? Which should you choose more often?

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4. Check out the provided labels for canned and frozen vegetables (corn). What do you notice is different? What is/are the healthier choice(s)?

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5. If buying canned food with added salt, what is one way that you could effectively reduce some of the sodium?

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**Notes:**

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**What to look for on a label for canned vegetables and fruit:**

**Canned Fruit**

Nutrition Facts			
Per ½ cup (127g)			
Amount		% Daily Value	
<b>Calories</b> 100			
<b>Fat</b> 0g		0%	
Saturated 0g + Trans 0g		0%	
<b>Cholesterol</b> 0mg			
<b>Sodium</b> 10mg		0%	
<b>Carbohydrate</b> 24g		8%	
Fibre 1g		4%	
Sugar 23g			
<b>Protein</b> 0g			
<b>Vitamin A</b>	6%	<b>Vitamin C</b>	8%
<b>Calcium</b>	0%	<b>Iron</b>	2%

**Canned Vegetables**

Nutrition Facts			
Per ½ cup (121 g)			
Amount		% Daily Value	
<b>Calories</b> 20			
<b>Fat</b> 0g		0%	
Saturated 0g + Trans 0g		0%	
<b>Cholesterol</b> 0mg			
<b>Sodium</b> 340mg		14%	
<b>Carbohydrate</b> 5g		2%	
Fibre 2g		8%	
Sugar 1g			
<b>Protein</b> 0g			
<b>Vitamin A</b>	6%	<b>Vitamin C</b>	0%
<b>Calcium</b>	2%	<b>Iron</b>	2%

# Grain Products Activity



## Cereal

1. Look at the cereal boxes on display. Which one(s) would you consider to be a healthy choice? Why? **\*Tip: think high fibre, low sugar! Remember that 4g sugar is equal to 1 teaspoon of sugar.**

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## Bread

2. Look at the bread packages provided. Which one(s) would you consider to be a healthy choice? Why?

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3. If the package says 'whole wheat', it must be a whole grain.      T / F

## What to look for on a grains product label:

Nutrition Facts			
Per 2 slices (175g)			
Amount	% Daily Value		
<b>Calories</b> 140			
<b>Fat</b> 1.5g	2%		
Saturated 0.3g + Trans 0.5g	4%		
<b>Cholesterol</b> 0mg			
<b>Sodium</b> 290mg	12%		
<b>Carbohydrate</b> 26g			
Fibre 3g	12%		
Sugar 2g			
<b>Protein</b> 5g			
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	4%	<b>Iron</b>	10%

## Milk and Alternatives Activity



### Yogurt

1. There are many different yogurts available. What are the important things to think about when choosing a yogurt?

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### Milk and Milk Alternatives

2. Use this chart to compare the nutrient content of chocolate milk, soy milk, and regular milk. **\*Tip: It is important to pay attention to the sugar, protein, and calcium content when choosing a milk alternative.**

	Milk	Chocolate Milk	Soy Milk	Almond Milk
Serving size				
% M.F.				
Sugar (g)				
Protein (g)				
% DV Calcium				

### Cheese

3. Dairy products use 'M.F.' to describe how much milk fat is in a product. Compare the light 'Ziggys' Feta with the regular 'Ziggys Feta'. In your group, discuss the differences between these options. **\*Tip: A reduced fat cheese is one with a M.F. of 20% or less**

	Light	Regular
Serving size		
Is this a reasonable serving size for you?		
% M.F.		
Calories		
% DV for Saturated and Trans fat		
% DV Calcium		

### Cream

4. You would like an alternative to cream for your coffee. What is the fat content of the half and half? What might be a healthier alternative? (Tip: look at serving size)

**What to dairy**



Nutrition Facts			
Per 1 serving (250 mL)			
Amount		% Daily Value	
<b>Calories</b> 110			
<b>Fat</b> 2.5g		4%	
Saturated 1.5g		8%	
+ Trans 0g			
<b>Cholesterol</b> 10mg			
<b>Sodium</b> 120mg		5%	
<b>Carbohydrate</b> 12g		4%	
Fibre 0g		0%	
Sugar 12g			
<b>Protein</b> 9g			
<b>Vitamin A</b>	10%	<b>Vitamin C</b>	0%
<b>Calcium</b>	30%	<b>Iron</b>	0%

**look for on a product label:**



**Notes:**

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# Meats and Alternatives Activity

1. How many servings of fish are recommended each week? \_\_\_\_\_
2. Compare the packages for Blue Menu black beans, solid white tuna, and lunch meat.

	Blue Menu Black Beans	Solid White Tuna	Lunch Meat
Serving size			
Calories			
% DV for Saturated and Trans fat			
Is this high or low in bad fats based on the % DV?			
% DV for Sodium			
Is this high or low in sodium based on the % DV?			

What do you notice about the fat and salt content of these products? Which options are healthier alternatives?

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3. Cheap and healthy meat alternatives include:

- Peanut butter
- Tofu
- Legumes (ie. Beans, lentils, chickpeas)
- Eggs



In your group, discuss ways to include these in your weekly meals:

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**What to look for on a meat label:**

<b>Nutrition Facts</b>			
Per 2 slices (63 g)			
<b>Amount</b>		<b>% Daily Value</b>	
<b>Calories 70</b>			
<b>Fat 2.5g</b>		4%	
Saturated 1 g + Trans 0g		5%	
<b>Cholesterol 25mg</b>			
<b>Sodium 770mg</b>		32%	
<b>Carbohydrate 0g</b>			
Fibre 0g			
Sugar 0g			
<b>Protein 11g</b>			
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	2%

**Notes:**

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## **Snack Foods/Beverages/Other Foods Group Activity**

1. Choose 2 of your favourite snack foods from your cupboard and compare the nutritional label:

	Snack Food 1:	Snack Food 2:
Serving size		
Is this a realistic serving size?		
Calories		
% DV for Saturated and Trans fats		
% DV for Fibre		
Sugar (g)		
% DV for Sodium		

2. Choose your favourite drinks from your pantry/fridge and compare their nutrition labels:

	Drink Choice 1:	Drink Choice 2:
Serving size		
Is this a realistic serving size?		
Calories		
% DV for Saturated and Trans fats		
% DV for Fibre		
Sugar (g)		
% DV for Sodium		

**\*Tip: 4 g of sugar is equal to 1 tsp sugar**

3. Based on the above information, which snacks and drinks would you choose?  
Why? Discuss your findings with the group and brainstorm healthy snack ideas.

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**Notes:**

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**What to look for on a snack food label:**



<b>Nutrition Facts</b>			
Per 1 bar (31g)			
<b>Amount</b>		<b>% Daily Value</b>	
<b>Calories</b> 140			
<b>Fat</b> 6g		9%	
Saturated 4g + Trans 0g		20%	
<b>Cholesterol</b> 0mg			
<b>Sodium</b> 80mg		3%	
<b>Carbohydrate</b> 22g			
Fibre 1g		4%	
Sugar 12g			
<b>Protein</b> 2g			
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	2%	<b>Iron</b>	2%



## Convenience Foods Group Activity



You are on your way home from work and realize that you don't have anything ready for supper. You bolt into the grocery store and try to find something fast, healthy and easy that you will enjoy. The food packages provided are some options to consider. Pick 2 brands and compare to help you make the healthiest choice possible.

	Convenience Food 1:	Convenience Food 2:
Serving size		
Is this a realistic serving size?		
% DV for Saturated + Trans fat		
Is this high or bad fats based on the % DV?		
% DV for sodium		
Is this high or low in sodium based on the % DV?		

1. Based on the above information, which meal would you choose? Why? Discuss with your group.

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2. What could you add to these foods to make the meal more balanced?

**\*Tip: think plate method and aim for healthy plate model...**

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### What to look for on a convenience food label:

Nutrition Facts			
Per 1/6 <sup>th</sup> pizza (131g)			
Amount	% Daily Value		
<b>Calories</b> 320			
<b>Fat</b> 11g	17%		
Saturated 4.5g + Trans 0.2g	24%		
<b>Cholesterol</b> 20mg			
<b>Sodium</b> 850mg	35%		
<b>Carbohydrate</b> 39g			
Fibre 2g	8%		
Sugar 5g			
<b>Protein</b> 15g			
<b>Vitamin A</b>	2%	<b>Vitamin C</b>	4%
<b>Calcium</b>	20%	<b>Iron</b>	20%

## Fats and Oils Activity



1. Added fats include:
  - spreads (margarine, butter, mayonnaise)
  - salad dressings
  - cooking oils

How could you use your hand to measure a healthy portion of added fats?

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2. Compare the different types of fats and fill in this chart.

	<b>Serving Size</b>	<b>% Daily Value SFA/Trans</b>
Butter		
Non-hydrogenated margarine		
Olive Oil		
Spray oil		
Coconut Oil		

3. Based on the amounts of bad fats in the product, as a team, record the best and worst picks below.

Best pick: \_\_\_\_\_

Least healthy pick: \_\_\_\_\_

**What to look for on a fats & oil label:**

<b>Nutrition Facts</b>			
Per 1 tbsp (15 mL)			
<b>Amount</b>		<b>% Daily Value</b>	
<b>Calories</b> 120			
<b>Fat</b> 14 g		21%	
Saturated 2g + Trans 0g		9%	
<b>Cholesterol</b> 0mg			
<b>Sodium</b> 0mg			
<b>Carbohydrate</b> 0g			
Fibre 0g			
Sugar 0g			
<b>Protein</b> 0g			
<b>Vitamin A</b>	0%	<b>Vitamin C</b>	0%
<b>Calcium</b>	0%	<b>Iron</b>	0%

**Notes:**

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