Lesson Plan-A Visit to a Supermarket

HANDOUT # 1-Vocabulary

amount per serving
brand
calcium
carbohydrate
cash
cholesterol
credit card
custard
dairy
equals
fat free
fiber
grain
health/healthy
ingredients
leafy
lean
light
low calorie
low sodium
money order
no saturated fat
non-fat
nutrition/nutritional
personal check
poultry
protein
refried beans
servings
sodium free
sparingly
sugar free
to borrow
to pay
total fat
travellers’s check
whole grain
**FOOD PYRAMID**

- **Fats, Oils, Sweets**
  - Eat sparingly

- **Milk, Yogurt, & Cheese Group**
  - 2-3 Servings per day
  - (One serving equals 1 cup milk or yogurt, or 1 1/2 ounces cheese.)

- **Vegetable Group**
  - 3-5 Servings per day
  - (One serving equals 1 cup of raw leafy vegetables, or 3/4 cup of other vegetables, cooked or chopped raw)

- **Fruit Group**
  - 2-4 Servings per day
  - (One serving equals 1 medium banana, apple, or orange, or 1/2 cup fruit juice)

- **Bread, Cereal, Rice, & Pasta Group**
  - 6-11 Servings per day
  - (One serving equals 1 slice bread, or 1/2 cup cooked pasta or rice)

- **Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group**
  - 2-3 Servings per day
  - (One serving equals 2 to 3 ounces of cooked lean meat, fish, or poultry; 1 egg; or 1/2 cup cooked dry beans)
HANDOUT # 2

MOST COUPONS HAVE INFORMATION ABOUT:

1. how much you save when you use the coupon
2. coupon expiration date
3. what you can buy with the coupon
4. where you can use the coupon

SAVE $1.00
When you buy any 2 Capri Sun® or Capri Sun® Big Pouch (10 or 6 pack only)

MANUFACTURER'S COUPON | EXPIRES 12/31/2004
RETAILER: Kraft Foods North America, Inc. or a subsidiary, will reimburse the face value of this coupon plus handling if submitted in compliance with its Coupon Redemption Policy, previously provided to you and available upon request. Cash value 1.00¢. Coupon can only be distributed by Kraft Foods North America, Inc. or its agent. Mail to: Kraft Foods North America, Inc., P.O. Box 880055, El Paso, TX 88588-0055. Offer expires: 12/31/2004. CONSUMER: One coupon valid for item(s) indicated. Any other use constitutes fraud. VOID IF COPIED, TRANSFERRED, PURCHASED OR SOLD. Valid only in the USA, FPO's and APO's. ©2004 KF Holdings

VOID
# FOOD GROUPS

## 1. GRAINS:

| Name of product: | ________________________________ |
| Brand: | ________________________________ |
| **Nutritional Facts:** | |
| Amount per Serving: | ________________________________ |
| Calories from fat: | ________________________________ |
| Total fat: | ________________________________ |
| Cholesterol: | ________________________________ |
| Total Carbohydrate: | ________________________________ |

## 2. FRUITS:

| Name of product: | ________________________________ |
| Brand: | ________________________________ |
| **Nutritional Facts:** | |
| Amount per Serving: | ________________________________ |
| Calories from fat: | ________________________________ |
| Total fat: | ________________________________ |
| Cholesterol: | ________________________________ |
| Total Carbohydrate: | ________________________________ |

## 3. VEGETABLES

| Name of product: | ________________________________ |
| Brand: | ________________________________ |
| **Nutritional Facts:** | |
| Amount per Serving: | ________________________________ |
| Calories from fat: | ________________________________ |
| Total fat: | ________________________________ |
| Cholesterol: | ________________________________ |
| Total Carbohydrate: | ________________________________ |
4. MEATS
Name of product: ____________________________________
Brand: _____________________________________________
**Nutritional Facts:**
Amount per Serving: __________________________________
Calories from fat: ____________________________________
Total fat: ___________________________________________
Cholesterol: _________________________________________
Total Carbohydrate: ________________________________

5. DAIRY
Name of product: ____________________________________
Brand: _____________________________________________
**Nutritional Facts:**
Amount per Serving: __________________________________
Calories from fat: ____________________________________
Total fat: ___________________________________________
Cholesterol: _________________________________________
Total Carbohydrate: ________________________________

**EXERCISES:**

1. In your opinion, which product from your list is more nutritional? Why?
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________
   __________________________________________________________________________

2. **Language Log:** Write 5 new words you learned in the supermarket.
   1. __________________________________
   2. __________________________________
   3. __________________________________
   4. __________________________________
   5. __________________________________
3. **Coupon(s) you used at the supermarket:**

a. Where you found the coupon: ________________________________

b. Name of product: ____________________________________________

c. How much you saved: _________________________________________

d. Coupon expiration date: ______________________________________