

GROCERY SHOPPING

OBJECTIVE

Students will gain knowledge of practical grocery shopping through hands-on experience.

Guidelines for Menu

1. You must plan three meals per day. (breakfast, lunch, and dinner)
2. Each meal must contain the four basic food groups. (protein, grains, fruits and vegetables, and dairy)
3. Meals cannot be repeated throughout the week, except with the exception of drinks.
4. Frozen/microwavable meals are to be kept to only two for the entire week.
5. Staples, such as flour, sugar, etc., are already in your home. There is no need to purchase any of those.
6. You are allowed to eat out/order out/carry out one meal during the week. This gives you only 14 meals to plan.

Shopping Guidelines

1. You have \$125 to spend.
2. Find real costs of the grocery items at real stores.

Calculate cost for each serving

1. Example: a loaf of bread might cost you \$.87. There are about 20 pieces of bread in a loaf, so each piece will cost you \$.04. Therefore, a sandwich with two pieces of bread will cost you \$.08 (2 x \$.04).
2. You must calculate the total of EACH MEAL and write it on your menu.