ADAPTED FROM Loudoun County Public Schools

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

STORE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**The Great Supermarket Scavenger Hunt**

Directions: You will be investigating the foods you like and some healthy alternatives that you would actually eat! Take this sheet, a pen/pencil, a calculator, and a camera to the grocery store. Make sure you answer all the questions and do the **SUMMARY!** You need to turn in this completed sheet, the rubric, and your photos (email, or post to social media and share with me).

# Category 1 – FRUIT

1. Go to the fresh fruit section and take a picture of yourself with your favorite fruit. Write down the name of the fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. How many servings of fruit per day do you need?
3. What is the price per serving of your favorite fruit?
4. What nutrients does it contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Why is it good for you (be specific) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Find a fruit you have never tried and take a picture of yourself with the fruit.
7. What is the price per serving of this fruit?
8. What nutrients does it contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Category 2 – Vegetables

1. Go to the fresh vegetable section and take a picture of yourself with your favorite vegetable.
2. Write down the name of the vegetable \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. How many servings of vegetables per day do you need?
4. What is the price per serving of your favorite vegetable?
5. What nutrients does it contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Why is it good for you (be specific) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Find a vegetable you have never tried and take a picture of yourself with the vegetable.
8. What is the price per serving of this vegetable?
9. What nutrients does it contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Category 3 – Dairy

1. Take a picture at the dairy case holding the type of milk you like to drink.
2. List the number of calories per serving \_\_\_\_\_\_ the serving size\_\_\_\_\_\_\_ and the amount of fat per serving\_\_\_\_\_
3. What is the price per serving of your favorite milk?
4. What nutrients does it contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Why is it good for you (be specific) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Is there any milk in the dairy case that would have less fat or calories per serving? \_\_\_\_\_\_\_\_ What kind of milk is it? \_\_\_\_\_\_\_\_\_ By switching to that type of milk, how many less calories would you have per serving?

# Category 4 – BREAD

1. Take a picture in the bread aisle with your favorite type of bread
2. What kind of bread is it?
3. List the number of calories per serving \_\_\_\_\_\_ the amount of fat per serving\_\_\_\_\_ and the amount of fiber per serving
4. What is the price per serving of your favorite bread?
5. Find a loaf of bread that would be fewer calories per serving. What is it? \_\_\_\_\_\_\_\_ Is this bread a healthier choice? \_\_\_\_\_\_\_ Explain why or why not\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. What loaf of bread is the best value and still gives you the best nutrients? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

## Category 5 – PIZZA

1. Look at the frozen pizza labels
2. Which one has the least amount of fat per serving? \_\_\_\_\_\_\_\_\_\_\_
3. Which one has the most amount of fat per serving? \_\_\_\_\_\_\_\_\_\_\_
4. Which one would be your healthiest choice? \_\_\_\_\_\_\_\_\_\_
5. Which one would you choose based on price and nutritional value? \_\_\_\_\_\_\_\_ Explain\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. Take a picture of yourself with the frozen pizza you chose.

# Category 6 – Ice Cream

1. Take a picture next to your favorite ice cream, which is \_\_\_\_\_\_\_\_\_.
2. The cost per container is \_\_\_\_\_\_
3. List the number of calories per serving \_\_\_\_\_\_ the amount of fat per serving\_\_\_\_\_ and the amount of sugar per serving \_\_\_\_\_.
4. Without sacrificing your favorite flavor, which brand would be the healthiest choice? \_\_\_\_\_\_\_\_\_\_\_\_\_
5. List the number of calories per serving \_\_\_\_\_\_ the amount of fat per serving\_\_\_\_\_, and the amount of sugar per serving \_\_\_\_\_. The cost per container is \_\_\_\_\_\_\_.
6. Which one would you choose based on price, taste, and nutritional value? \_\_\_\_\_\_\_\_ Explain\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. Take a picture of yourself with the ice cream you chose.

# Category 7 – SNACKS/MUNCHIES

1. What is your favorite snack? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. List the number of calories per serving \_\_\_\_\_\_ the size of a serving\_\_\_\_\_\_\_\_ and the amount of fat per serving\_\_\_\_\_.
3. Is it possible to select a healthy snack/munchies from this aisle? \_\_\_\_\_\_

Explain\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What could you select if you wanted a healthy snack type item? \_\_\_\_\_\_\_\_\_\_\_
2. List the number of calories per serving \_\_\_\_\_\_ and the amount of fat per serving\_\_\_\_\_.
3. Why is this a better choice? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Take a picture of yourself with the snack/munchies that you chose

## CATEGORY 8 – CEREAL

1. Take a photo with your favorite cereal.
2. What kind of cereal is it? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. List the number of calories per serving \_\_\_\_\_\_ the serving size\_\_\_\_\_\_\_ the amount of fat per serving\_\_\_\_\_ and the amount of sugar per serving\_\_\_\_\_.
4. What is the healthiest cereal that a child in elementary school would eat?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why did you pick that cereal?

1. What is the healthiest cereal that a teenager would eat?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why did you pick that cereal?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. What is the healthiest cereal that an adult would eat?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why did you pick that cereal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SUMMARY**

When looking at the various food labels and nutritional information, what surprised you? (Be specific.)

What two product or food substitutions could you make to eat healthier?

Was the cost of healthy items:

cheaper – more expensive – or the same as the healthy foods?

Name one food label that you examined that was misleading. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Why do you think it was misleading?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What did you learn from this experience?