

SHOP: GET THE BEST FOR LESS

Not Paper, nor Plastic—T-Shirt Totes!

LEARNING GOAL

Allow your students to make a reusable grocery store bag, explore a pretend grocery store, and practice selecting healthy foods.

LEARNING OBJECTIVE

Children will be able to choose at least three healthy foods (each representing a different food group) from a pretend grocery store.

LEARNING QUESTION

What healthy foods can you buy from a grocery store?

Preparation

YOU WILL NEED

Your Center Provides

- Empty food containers
- Old t-shirt (1 per child)
- Scissors

Found in Your Kit

- Large paper for “Documentation Panel” (25"x30")
- Sharpie
- Food group photographs
- Jump with Jill CD

NEW WORDS

Grocery Store: A marketplace where groceries are sold.

Spanish Translation: *tienda*

Preschool Translation: A store where we buy food.

Fruit Group: Fruit is a product of plant growth. The usually edible reproductive body of a seed plant; one having a sweet pulp associated with the seed.

Spanish Translation: *fruta*

Preschool Translation: Fruit is the part of the plant that contains seeds. They are usually sweet and we can eat them. There are many kinds of fruit in the fruit group including berries, apples, pears, bananas, oranges, pineapple and more!

Vegetable Group: Relating to, constituting or growing like plants. Made from, obtained from, or containing plants or products (e.g. vegetable soup).

Spanish Translation: *Vegetal*

Preschool Translation: Vegetables are delicious and colorful plants we can eat. There are many kinds of vegetables in the vegetable group including broccoli, tomatoes, pumpkin, spinach leaves, celery and more!

Dairy Group: The dairy group includes foods produced from cow’s (or other domestic animal, e.g. goat) milk. Examples include: various types of cheese, yogurt, ice cream/frozen yogurt, and butter.

Spanish Translation: *lechería*

Preschool Translation: Foods in the dairy group are foods we eat that are made from milk. There are many kinds of dairy foods in the dairy group including milk, cheese, yogurt, and more!

NEW WORDS (continued)

Grain Group: Any food that is made from wheat, rice, oats, cornmeal, barley or another cereal grain. Examples include bread, pasta, oatmeal, cereal, tortillas, and grits.

Spanish Translation: *grano*

Preschool Translation: Foods in the grain group are foods that are made from different types of grains. There are many kinds of grain foods in the grain group including bread, pasta, oatmeal, tortillas, and more!

Protein Group: Foods that are composed of nitrogenous material found in animals and plants. Protein is an important component of a healthy diet. It is necessary for growth/repair of muscles. Animal-based sources include meat, poultry, pork, fish, milk, and eggs. Plant-based sources include beans and legumes.

Spanish Translation: *proteína*

Preschool Translation: Special food that is found in animals and plants. Protein is important for a healthy diet and can help our muscles grow big and strong. There are many foods we eat in the protein group including chicken, pork, lamb, fish, red meat, and more!

BEFORE YOU BEGIN

1. Set up a pretend grocery store. You can use old empty food packages/containers, food models, and/or color pictures of food to supply your grocery store. Supply your store with healthy foods from each of the five food groups (e.g. fruits, vegetables, dairy, grains, and protein). Each child will need to collect 3 foods, each from a different food group. You may want to set up more than one area in the classroom as a grocery store to provide children with more space.
2. Ask children and/or their parents to supply an old-t shirt for making the reusable grocery bag. Parents may also be willing to send in empty food packages/containers; however, be sure to only use healthy foods. Do not stock your grocery store with packaged foods high in fat, sugar, and calories.
3. Cut off the sleeves on each t-shirt. Cut small strips into the t-shirt from the bottom opening. Strips should be 2 inches up and 1 inch wide. See Step 3 photograph below for example. If you do not wish to make reusable bags, you can provide children with paper bags or small plastic container for collecting groceries. See step 3 photograph below for example. You may also choose to prepare the t-shirts ahead of time so that children are only involved in the tying step (step 4 below). If you do not wish to make reusable bags, you can provide children with paper bags or small plastic containers for collecting groceries.

DOCUMENTATION PANEL

Ask each child, "What healthy foods will you buy from a grocery store?" Write their answer on a large post-it note or board. Make sure to include their name next to their answer. This can be displayed when the parents come to pick up their children.

Exploration

WHAT TO DO

1. Use real, models, or photographic examples of foods from each food group to support your discussion.
2. **Say:** Today we are going to learn about the grocery store and how we shop for healthy foods. Where does your family buy their food? Accept all reasonable answers such as grocery stores, farmers markets, or it is grown in the garden.
3. **Say:** It is important when you go to the grocery store to know which foods to buy. Today we are going to make our own shopping bags and decorate them with foods we should buy when we are at the store. Then we are going to go shopping to buy our healthy foods! What are some healthy foods you like to buy at the grocery store? Wonderful, fruits, vegetables, milk, cheese, chicken, turkey, eggs, bread and more! They are all healthy foods we can buy at the grocery store. Let's make our grocery bags now so we can go shopping.
4. Step 1. **Say:** First, lay your t-shirt out flat in front of you. Smooth out any bumps or wrinkles.
5. Step 2. **Say:** Next, we are going to cut the collar of our t-shirts out (Step 2).
6. Step 3. **Say:** Now, carefully cut short strips about an inch wide and about 3 inches deep at the bottom of your shirt.



7. Step 4. **Say:** Next, we are going to tie the bottom of our t-shirt so it will be closed and our groceries won't fall out!
8. Step 5. **Say:** Now we have our reusable grocery store bags complete. Let's go grocery shopping!
9. Show children the pretend grocery store you have created.
10. **Say:** I want each of you to grocery shop for 3 items. Each food should be from a different food group. Do you remember what the five food groups are? That's right the fruit group, vegetable group, dairy group, grain group, and protein group. Can you name some foods in the fruit group? There are many kinds of fruit in the fruit group including berries, apples, pears, bananas, oranges, pineapple and more!
11. **Say:** Can you name some foods in the vegetable group? There are many kinds of vegetables in the vegetable group including broccoli, tomatoes, pumpkin, spinach leaves, celery and more!

12. **Say:** Can you name some foods in the dairy group? There are many kinds of dairy foods in the dairy group including milk, cheese, yogurt, and more!
13. **Say:** Can you name some foods in the grain group? There are many kinds of grain foods in the grain group including bread, pasta, oatmeal, tortillas, and more!
14. **Say:** Can you name some foods in the protein group? There are many foods we eat in the protein group including chicken, pork, lamb, fish, red meat, and more!
15. Allow children to grocery shop. Walk around and help them select healthy foods. Remind them to pick 3 foods, each one from a different food group.
16. Once children have finished selecting their foods, allow each child to show one food to the class. Encourage them to describe the food, what it tastes like, and what food group its belong to (e.g. fruits, vegetables, dairy, grains, protein).
17. End the activity by playing track 1 of your Jump with Jill CD "Healthy is Good for Me". Remind children that we eat foods from all five food groups to grow up healthy!

QUESTIONS YOU CAN ASK

Q: Can you name the five food groups?

A: Grains, dairy, protein, fruits, and vegetables.

