

## Student Shopping

	NEVER	EVERY DAY	SOME-TIMES	ONCE A WEEK	ONCE A MONTH
Go shopping					
Make a list					
Look for sales					
Ask friends about sales					
Use coupons					
Use store ads					
<u>OTHER:</u>					

"Store Ad"

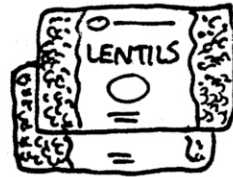
Flour Tortillas



49¢  
Per package  
Buy 2  
Get 1  
FREE!



Navel Oranges  
4 lb. bag  
1.89 ea.



Lentils or  
Green Split Peas  
16 oz bag

2 for \$1



Chicken  
Drumsticks  
99¢  
lb.  
save up  
to 50¢ lb.



Mangos  
Extra  
Large  
Imported  
99¢  
ea.



Fresh!  
Eggplant  
69¢  
lb.



Vine Ripe Tomatoes  
1.99 lb. save up to  
50¢ lb.



Fresh  
Cup  
Corn  
3 FOR 99¢

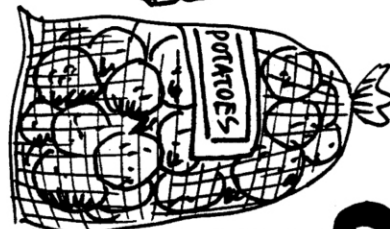


Large Eggs  
1.39  
DOZ.



Fresh  
Pacific  
Red Snapper  
Fillets

4.99 lb.  
save up to  
1.00 lb.




RUSSET  
POTATOES  
HUGE  
20 lb.  
Bag

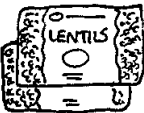
2 48  
EA.

Shopping Ad Chart


Look at the shopping ad below.



Chicken Drumsticks  
**99¢** lb.  
 save up to 50¢ lb.



Lentils or  
 1 Green Split Peas  
 16 oz bag  
**2 for \$1**



Navel Oranges  
 4 lb. bag  
**1.89** ea.




Flour Tortillas  
**49¢**  
 Per package  
 Buy 2  
 Get 1  
**FREE!**



RUSSET HUGE  
 POTATOES 20 lb.  
 Bag **2** 48 EA.



Vine Ripe Tomatoes  
**1.99** lb. save up to  
 50¢ lb.



Extra Large Imported Mangos  
**99¢** ea.



Large Eggs  
**1.39** DOZ.



Fresh Pacific Red Snapper Fillets  
**4.99** lb.  
 save up to 1.00 lb.

Amount	Food on sale	Cost

Abbreviation Cards

lb.

qt.

\$

oz.

ea.

¢

pound

quart

dollar

ounce

each

cents

doz.

pkg.

2 for 1

<p>3/\$1.00</p>		
<p>dozen</p>	<p>package</p>	<p>Two foods for the price of one</p>
<p>Three foods for one dollar</p>		

Shopping List

Directions:

1. Look at the shopping ad.
2. Choose 5 things to buy for your family.
3. Write how much you will buy. Example: 3 lbs.
4. Write the name of the food you will buy.
5. Write the cost of the food.

Amount	Food on sale	Cost
EX: 5 lbs.	Chicken	99¢/lb.

I will buy 5 lbs. of chicken at 99¢/ lb.  
*amount* *food* *cost*

6. Tell your partner what you will buy.

**Part 1**

Draw a line to match the abbreviation and the word. The first one is done for you.

- |             |                       |
|-------------|-----------------------|
| 1. lb.      | package               |
| 2. 3/\$1.00 | buy one, get one free |
| 3. ea.      | pound                 |
| 4. 33¢      | each                  |
| 5. 2 for 1  | three for one dollar  |
| 6. pkg.     | cents                 |

**Part 2** Look at the shopping list. Make five sentences about what to buy.

Amount	Food on sale	Cost
EX: 2 lbs.	apples	59¢/lb
2 qts.	orange juice	\$ 1.29/qt.
2	avocado	\$ 2.00
1 doz.	eggs	\$ 1.29
20 lb bag	potatoes	\$ 2.48 ea.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

QUIZ

Part 1

Draw a line to match the abbreviation and the word. The first one is done for you.

- |             |                       |
|-------------|-----------------------|
| 3. lb.      | package               |
| 4. 3/\$1.00 | buy one, get one free |
| 3. ea.      | pound                 |
| 4. ¢        | each                  |
| 5. 2 for 1  | three for one dollar  |
| 6. pkg.     | cents                 |

Part 2

Look at the shopping list. Make five sentences about what to buy.

Amount	Food on sale	Cost
EX: 2 lbs.	apples	59¢/lb
2 qts.	orange juice	\$ 1.29/qt.
2	Avocado	\$ 1.00
1 doz.	Eggs	\$ 1.29
20 lb bag	Potatoes	\$ 2.48 ea.

1. I will buy 2 pounds of apples at 59 cents a pound.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

### Planning Meals

Directions:

1. Look at a food ad in your group.
2. Choose 3 foods to buy in bulk.
3. Talk about 2 ways to cook the food.
4. Plan 2 healthy meals with the food.
5. Write your ideas.

EXAMPLE:

Buy in bulk?      Healthy Meal Ideas:

	#1		#2
Chicken 59 cents/lb.	-chicken tacos with lettuce, tomatoes and salsa -rice -milk		-baked chicken -baked potatoes -salad -milk

Your Plan:      Healthy Meal Ideas:

Shopping list:	#1		#2
1.			
2.			
3.			

salad	tacos	baked	grilled	stir-fry
scrambled	boiled	soup	fried	cut-up (fresh)

**ASSESSMENT - GROUP PROJECTS**

NAMES of GROUP MEMBERS	A	B	C	D	USED ADS	USED "OR"	PLAN-NED 2 MEALS
Group 1							
Group 2							
Group 3							
Group 4							
Group 5							
Group 6							

**Rubric:**

Group participation 1 or 0  
 A = Reader  
 B = Writer  
 C = Timekeeper  
 D = Presenter

Poster Presentation: 5 - selected 3 items from food s  
 3 - selected less than 3 items  
 0 - did not use food ads

1 - Used "or" statements  
 3 - Planned 2 healthy meals  
 0 - Did not use "or"  
 1 - planned less than 2 meals

**My Goal:** I will plan shopping to save money.

Directions:

1. Tape 2 receipts from your shopping here OR write the food you bought last week and this week.
2. Do your Report.
3. Talk to a partner.

Shopping Receipt or List Date: _____	Shopping Receipt or List Date: _____

MY REPORT	DATE:	DATE:
	Last week	This week
1. I planned meals before I went shopping.	No <input type="checkbox"/> Yes <input type="checkbox"/>	No <input type="checkbox"/> Yes <input type="checkbox"/>
2. I used food ads.	No <input type="checkbox"/> Yes <input type="checkbox"/>	No <input type="checkbox"/> Yes <input type="checkbox"/>
3. I bought fruits and vegetables in season.	No <input type="checkbox"/> Yes <input type="checkbox"/>	No <input type="checkbox"/> Yes <input type="checkbox"/>
4. I bought extra food to use different ways. I will cook _____, _____ and _____.		
5. My shopping list helped me save money.	No <input type="checkbox"/> Yes <input type="checkbox"/> Not Sure <input type="checkbox"/> Yes <input type="checkbox"/>	No <input type="checkbox"/> Yes <input type="checkbox"/> Not Sure <input type="checkbox"/> Yes <input type="checkbox"/>
6. I am going to plan meals. Why? _____	No <input type="checkbox"/> Not Sure <input type="checkbox"/> Yes <input type="checkbox"/>	
7. Tell a partner how to save money.		

# Day 1

**\$1.99 lb.** Fresh Extra Meaty Pork Spare ribs  
**99¢** Deli Potato Salad  
**88¢** Red Seedless Grapes  
**10/10** (multiple items)  
**2.51** (multiple items)  
**25¢** (multiple items)  
**2.99** (multiple items)  
**99¢** (multiple items)  
**2.53** (multiple items)

-Lufe  
 -Nancy  
 -Anara-a  
 -Nora

# Day 2

Fire up the grill!  
**9.99** (multiple items)  
**2.99** (multiple items)  
**99¢** (multiple items)  
**10/10** (multiple items)  
**2.29** (multiple items)  
**2.53** (multiple items)  
**6.99** Baked Cakes & Cream Cakes  
**2.99** (multiple items)

Fish on sliced

# Day 3

Fresh Catfish Fillets  
**3.99** (multiple items)  
**25¢** (multiple items)  
**2.99** (multiple items)  
 Fillets fish baked  
**2.53** (multiple items)  
**FREE** (multiple items)  
**3.99** Dreyer's Grand Ice Cream or Frozen Yogurt  
**1.00 OFF** (multiple items)  
**2.59** (multiple items)

## Monday

**BBQ shrimp**

## Tuesday

**Italian pasta with shrimp**

## Wednesday

**Shrimp Cotel**

## Thursday

**Shrimp salad**

## 1 Day

**Burrito**

## 2 Day

## 3 Day

## Day 1

**1.99** (multiple items)  
**2.11** (multiple items)  
**2.99** (multiple items)  
**99¢** (multiple items)  
**25¢** (multiple items)  
**2.53** (multiple items)  
**88¢** (multiple items)

## Day 2

**10/10** (multiple items)  
**9.99** (multiple items)  
**2.99** (multiple items)  
**99¢** (multiple items)  
**2.53** (multiple items)

## Day 3

**3.99** (multiple items)  
**25¢** (multiple items)  
**2.99** (multiple items)  
**FREE** (multiple items)  
**3.99** (multiple items)

## Plan meals

### MONDAY Chicken Salad

- Chicken
- Lettuce
- Corn
- Tomatoes
- Dressing
- Cheese
- Bread
- Apple

### TUESDAY Fried Chicken

- Chicken
- Beans
- Cheese
- Potatoes
- Pear

### WEDNESDAY Chicken Soup

- Chicken
- Onions
- Potatoes
- Tomatoes
- Corn
- Lemon
- Rice
- Parsely
- Cheese plate

TEAM  
 KRYNA  
 CEIS  
 VICTOR  
 INARDEL  
 CHARDA

1) inconstable sake