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| **EL Civics: Nutrition (Obj 46) • Beg Low Task 1: Comparison Shopping** |

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| **Language & Literacy Objectives:**   1. Identify a healthy diet as recommended by USDA. 2. Identify the relationship between nutrition and good health. |
| **INTRODUCTION** |
| In this lesson, students will compare prices for produce items at different food resources, and determine the most economical choice overall. Students will also learn vocabulary for fruits and vegetables commonly available in the U.S. |
| **ASSESSMENT TASK** |
| Students look at simplified ads from 3 different healthy food resources (supermarket, farmer’s market). Students compare prices for different fruits and vegetables, to select the food resource where they can buy the cheapest produce. 6 points possible. (BL🡪BH only) |
| **SUGGESTED ACTIVITIES** |
| Review USDA Food Pyramid and food groups for Fruits and Vegetables   * Use overhead or LCD projector or handout to review food pyramid and food groups   Bring in various produce items; Ss work in groups to sort into Fruits and Vegetables  Take a field trip to a grocery store and/or the Torrance Farmer’s Market  Bring in authentic ads from newspapers, stores, mailers & have students work in pairs or small groups to do a “produce hunt” (like a scavenger or treasure hunt, where you give them a list of items—and their prices—they must find in the advertisements). |

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| **HANDOUTS PROVIDED** |
| Handout 1: Related Vocabulary & Discussion Questions  Handout 2: Fruits  Handout 3: Vegetables  Handout 4: What Is It?  Handout 5: Comparison Shopping & Worksheet & KEY  Handout 6: Information Gap: Produce Ads (2 worksheets) & KEY  Handout 7: Practice/Review & Worksheet & KEY  Graphics courtesy of:  office.microsoft.com/clipart |
| **COMPUTER LAB IDEAS** |
| * Go to supermarket websites (e.g. vons.com, albertsons.com, 99ranch.com) and compare prices for the same items. * Students go shopping and bring in receipts. Work in groups to create graph showing different prices for similar items at different stores. * Watch video clips showing farmer’s markets (video.google.com), in lieu of (or in preparation for) visiting a farmer’s market in person. * Create a “picture dictionary” showing different fruits and vegetables. |

TASK 2 – Handout #1

**VOCABULARY**

*Adapted from* [*www.ldoceonline.com*](http://www.ldoceonline.com)

**$:** symbol for dollars

**¢:** symbol for cents

**advertisement (ad):** a picture, set of words, or a short film, which gives information about a product, job or event.

**basket:** container used for packing fruits and vegetables (e.g. strawberries)

**cheaper:** between two choices, the lower price (e.g. If avocados cost $1.99/each at Vons, and $1.50/each at Ralph’s, then Ralph’s is the cheaper store for avocados).

**cheapest/lowest:** of many choices, the least expensive price

**each:** one item (e.g. each avocado costs $1)

**farmer’s market:** public market at which farmers sell produce directly to consumers; usually outdoors.

**grocery store:** place to buy and household supplies (e.g. paper towels, cleaners)

**head (hd):** flower of a plant (e.g. lettuce, cabbage, etc.)

**pound (lb):** measurement; unit of weight; 1 pound = 16 oz. = 4 cups

**price:** amount you pay; cost

**produce:** fruits and vegetables

**DISCUSSION QUESTIONS**

1. Who does the grocery shopping in your family?
2. Where do you shop for food?
3. How often do you go to the grocery store? Farmer’s Market?
4. What produce can you buy in your home country? Can you find the same items in the U.S.?

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TASK 2 - Handout #2

###### **FRUITS**

**Directions:** Study these fruits. Write the name of each fruit on the line under the picture.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| strawberries  *strawberries* | bananas  \_\_\_\_\_\_\_\_\_\_\_\_ | apple  \_\_\_\_\_\_\_\_\_\_\_\_ | orange  \_\_\_\_\_\_\_\_\_\_\_\_ | grapes  \_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |  |  |  |
|  |  |  |  |  |
| pineapple  \_\_\_\_\_\_\_\_\_\_\_\_ | watermelon  \_\_\_\_\_\_\_\_\_\_\_\_ | pear  \_\_\_\_\_\_\_\_\_\_\_\_ | cherries  \_\_\_\_\_\_\_\_\_\_\_\_ | lemons  \_\_\_\_\_\_\_\_\_\_\_\_ |

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**VEGETABLES**

**Directions:** Study these vegetables. Write the name of each vegetable on the line under the picture.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  |  |  |  |  |
| broccoli  *broccoli* | carrots  \_\_\_\_\_\_\_\_\_\_\_\_ | corn  \_\_\_\_\_\_\_\_\_\_\_\_ | tomatoes  \_\_\_\_\_\_\_\_\_\_\_\_ | cucumber  \_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |  |  |  |
|  |  |  |  |  |
| lettuce  \_\_\_\_\_\_\_\_\_\_\_\_ | eggplant  \_\_\_\_\_\_\_\_\_\_\_\_ | pepper  \_\_\_\_\_\_\_\_\_\_\_\_ | mushrooms  \_\_\_\_\_\_\_\_\_\_\_\_ | green beans  \_\_\_\_\_\_\_\_\_\_\_\_ |

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**WHAT IS IT?**

**Directions:** Read the words in the box. Match the name of the fruit or vegetable with the correct picture. Write the word on the line.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| grapes | carrots | bananas | cucumber | cherries |
| lettuce | pineapple | pear | broccoli |  |

|  |  |
| --- | --- |
|  | 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| grapes | 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| pears | 3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| cucmber | 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| cherries | 5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| bananas | 6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| carrots | 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| pineapple | 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| broccoli | 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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**COMPARISON SHOPPING**

|  |
| --- |
| Henry’s Health Food Store    corn 55¢ each strawberries $1.99 a basket    lemons 45¢ a pound green beans $1.19 a pound |
|  |
| Sally’s Supermart  The best prices in town!  corn grapes green beans lemons  45¢/each $1.99/lb 99¢/lb 50¢/lb |

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**COMPARISON SHOPPING: WORKSHEET**

**Directions:** Look at the ads on page 7. Write the prices below.

1. green beans at Henry’s Health Food Store \_\_\_\_\_\_\_\_\_

2. strawberries at Henry’s Health Food Store \_\_\_\_\_\_\_\_\_

3. grapes at Sally’s Supermart \_\_\_\_\_\_\_\_\_

4. corn at Sally’s Supermart \_\_\_\_\_\_\_\_\_

5. corn at Henry’s Health Food Store \_\_\_\_\_\_\_\_\_

6. lemons at Sally’s Supermart \_\_\_\_\_\_\_\_\_

**Directions:** What is the **cheaper** place to buy these items? Circle the name of the store.

1. lemons

Henry’s Health Food Store Sally’s Supermart

2. green beans

Henry’s Health Food Store Sally’s Supermart

3. corn

Henry’s Health Food Store Sally’s Supermart

4. Write the prices. What is the **cheaper store to buy ALL your produce**?

|  |  |  |  |
| --- | --- | --- | --- |
| Henry’s Health Food Store | | Sally’s Supermart | |
| corn |  | corn |  |
| lemons |  | lemons |  |
| green beans |  | green beans |  |
| TOTAL |  | TOTAL |  |

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**COMPARISON SHOPPING: WORKSHEET  
ANSWER KEY**

1. $1.19 a pound

2. $1.99 a basket

3. $1.99 a pound

4. .45 each

5. .55 each

6. .50 a pound

1. Henry’s Health Food Store

2. Sally’s Supermart

3. Sally’s Supermart

4.

|  |  |  |  |
| --- | --- | --- | --- |
| Henry’s Health Food Store | | **Sally’s Supermart** | |
| corn | .55 | **corn** | **.45** |
| lemons | .45 | **lemons** | **.50** |
| green beans | 1.19 | **green beans** | **.99** |
| TOTAL | 2.19 | **TOTAL** | **1.94** |

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**INFORMATION GAP: PRODUCE ADS**

**Directions:** Talk to a partner. Ask for the prices. Fill in the blanks.

|  |  |  |
| --- | --- | --- |
| Grower’s Direct  Direct from the Farms!    avocados \_\_\_\_\_\_\_ /each    mushrooms \_\_\_\_\_\_\_ /lb    grapes \_\_\_\_\_\_\_\_\_/lb    peppers \_\_\_\_\_\_ /each    cherries \_\_\_\_\_\_\_ /lb    potatoes \_\_\_\_\_\_\_/lb |  | **The Produce Pantry** peppers  \_\_\_\_\_\_\_\_\_\_\_ each    avocado  \_\_\_\_\_\_\_\_\_\_\_ each  cherries  \_\_\_\_\_\_\_\_\_\_\_ a pound  mushrooms  \_\_\_\_\_\_\_\_\_\_\_ a pound  potatoes  \_\_\_\_\_\_\_\_\_\_\_ lb  grapes  \_\_\_\_\_\_\_\_\_\_\_ a pound |

**Directions:** Who has the **lowest price for** ……..? Write the name of the store.

1. *cherries* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. *peppers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. *grapes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. *potatoes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. *mushrooms* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. What is the cheaper store to buy **ALL** your produce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Directions:** Talk to a partner. Ask for the prices. Fill in the blanks.

|  |  |  |
| --- | --- | --- |
| Grower’s Direct  Direct from the Farms!    avocados \_\_\_\_\_\_\_/each    mushrooms $3.49/lb    grapes \_\_\_\_\_\_\_\_\_/lb    peppers .99/each    cherries $2.99/lb    potatoes \_\_\_\_\_\_\_/lb |  | **The Produce Pantry**   peppers  $1.29 each    avocado  \_\_\_\_\_\_\_\_\_\_\_ each  cherries  $4.99 a pound  mushrooms  $3.69 a pound  potatoes  \_\_\_\_\_\_\_\_\_\_\_ lb  grapes  \_\_\_\_\_\_\_\_\_\_\_ a pound |

**Directions:** Who has the **lowest price for** ……..? Write the name of the store.

1. *cherries* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. *peppers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. *grapes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. *potatoes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. *mushrooms* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. What is the cheaper store to buy **ALL** your produce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Directions:** Talk to a partner. Ask for the prices. Fill in the blanks.

|  |  |  |
| --- | --- | --- |
| Grower’s Direct  Direct from the Farms!    avocados $1.89/each    mushrooms\_\_\_\_\_\_\_\_/lb    grapes $1.99/lb    peppers \_\_\_\_\_\_/each    cherries \_\_\_\_\_\_\_\_\_\_/lb    potatoes 98¢/lb |  | **The Produce Pantry** peppers  \_\_\_\_\_\_\_\_\_\_\_ each    avocado  $1.99 each    cherries  \_\_\_\_\_\_\_\_\_\_\_ a pound  mushrooms  \_\_\_\_\_\_\_\_\_\_\_ a pound  potatoes  89¢/lb  grapes  $2.99 a pound |

**Directions:** Who has the **lowest price for** ……..? Write the name of the store.

1. *cherries* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. *peppers* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. *grapes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4. *potatoes* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

5. *mushrooms* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. What is the cheaper store to buy **ALL** your produce? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**PRACTICE/REVIEW**

**DIRECTIONS:** Read the advertisements for produce.

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Fresh Produce Mart Come in this week for the best deals! | | | Apples $1.29 per poundapples$1.29/pound | bananas $.59 per pound bananas  59¢/pound | | oranges $.99 per poundoranges 99¢/pound | carrots $.49 per pound carrots  49¢/pound | | lettuce $1.50 per headlettuce$1.50/head | broccoli $.98 per pound  broccoli 99¢/pound | | Oats Supermarket Come in this week for the best deals! | |
| bananas $.89 per poundbananas 89¢/lb | lettuce $1.30 per head  lettuce $1.30/head |
| broccoli $.98 per pound  broccoli 98¢/lb | carrots $.59 per poundcarrots 59¢/lb |
| oranges $1.09 per poundoranges$1.09/lb | apples $1.09 per pound  apples $1.09/lb |

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|  |  |  |
| --- | --- | --- |
| **Los Angeles Farmer’s Market** | | |
| Carrots $.79 per pound  Carrots  79¢/lb | lettuce $1.50 per head  lettuce  $1.40/head | oranges $.70 per pound oranges 99¢/lb |
| apples $1.50 per pound  apples  $1.50/lb | j0250787  bananas  80¢/lb | Broccoli $1.00 per pound  broccoli  $1.00/lb |

**PRACTICE/REVIEW: WORKSHEET**

**Directions:** Look at the ads on page 11. Which store has the **cheapest** price for each item? Write the name of the store.

Example:

broccoli

Oats Supermarket

1. **apples**

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

2. **bananas**

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

3. **oranges**

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

4. **carrots**

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

5. **lettuce**

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

6. What is the cheapeststore to buy **ALL** your produce?

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

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**PRACTICE/REVIEW: WORKSHEET (KEY)**

**Directions:** Look at the ads on page 11. Which store has the **lowest** price for each item? Write the name of the store.

1. apples

**Oats Supermarket**

2. bananas

**Fresh Produce Mart**

3. oranges

**LA Farmer’s Market**

4. carrots

**Fresh Produce Mart**

5. lettuce

**Oats Supermarket**

6. What is the cheapeststore to buy **ALL** your produce?

**Fresh Produce Mart**