

## Core Skills Analysis

### Mathematics

- Amelia practiced addition and subtraction by calculating the total cost of items, ensuring she stayed within a budget.
- She learned about multiplication when comparing prices based on quantity, such as cost per kilogram versus cost per item.
- Amelia developed her skills in estimation by predicting total costs before reaching the checkout, which helps enhance her number sense.
- She engaged in basic fractions when discussing sales or discounts, understanding how to divide items or percentages off the original price.

### Science

- Amelia was exposed to the nutritional content of food, learning about essential food groups and making healthier choices.
- She examined how different foods are sourced and the importance of sustainability in food production.
- Amelia explored the concept of shelf life and how food preservation affects freshness and safety.
- She observed the physical properties of various food items, such as texture and color, enhancing her observation skills.

### Social Studies

- Amelia learned about cultural diversity through the variety of foods and ingredients available in the store, understanding their significance in different cultures.
- She practiced decision-making skills by selecting which products to buy, considering price, quality, and dietary preferences.
- Amelia gained insight into local economics by exploring how prices fluctuate based on supply and demand.
- She encountered the role of local and global trade in food availability, reinforcing her understanding of community interconnectedness.

### Tips

To improve Amelia's learning experience, consider engaging her in meal planning before shopping to enhance budgeting skills and encourage decision-making. Incorporate practical math exercises, such as creating grocery lists that include measurements and cooking times based on family recipes. For further exploration, other activities could include visiting local farms to see where food comes from, initiating discussions on seasonal foods to understand sustainability, or even involving her in organizing a community potluck to celebrate diverse culinary traditions.

### Book Recommendations

- [Health, Money, and Me](#) by Claire Frossard: A fun book teaching kids about budgeting their allowance while making healthy food choices.
- [The Omnivore's Dilemma: The Secrets Behind What You Eat](#) by Michael Pollan: A kid-friendly introduction to the food industry's impact and the importance of choosing local and sustainable food.
- [The Great Big Book of Food: Food Facts Every Kid Should Know](#) by D.K. Publishing: An engaging reference book that helps kids learn about nutrition, food origins, and cooking with fun facts and vivid images.

## Learning Standards

- Mathematics: Number and Place Value (NC 5c), Statistics (NC 6a)
- Science: Understanding Food and Nutrition (NC 3c)
- Social Studies: Understanding the Community (NC 2c), Commerce and Economics (NC 4a)