

## Objective

By the end of this lesson, you will be able to understand the basics of grocery shopping, including making a shopping list, comparing prices, and making healthy choices.

## Materials and Prep

- Paper and pencil
- Access to a computer or smartphone with internet
- Familiarity with basic addition and subtraction

## Activities

### 1. Create a Shopping List

Imagine you are planning a grocery shopping trip for your family. Write down all the items you think you would need to buy.

### 2. Price Comparison

Choose two different brands of the same product, such as cereal or juice. Look up their prices online or at a store if possible. Compare the prices and think about which one you would choose based on price and quality.

### 3. Healthy Choices

Research different fruits and vegetables. Make a list of your favorite ones and write down why they are good for your health.

### 4. Plan a Budget

Pretend you have a certain amount of money to spend on groceries. Choose a few items from your shopping list and find out their prices. Add them up and see if you can stay within your budget.

## Talking Points

### • What is a shopping list?

A shopping list is a written record of the items you need to buy from the grocery store. It helps you stay organized and ensures you don't forget anything.

### • Why is it important to compare prices?

Comparing prices allows you to find the best deal and save money. Sometimes different brands offer the same quality for a lower price.

### • What are some healthy choices you can make at the grocery store?

Some healthy choices include selecting fresh fruits and vegetables, whole grains, lean proteins, and low-fat dairy products. These foods provide important nutrients for your body.

- **Why is it important to plan a budget?**

Planning a budget helps you manage your money wisely. It ensures you don't overspend and helps you prioritize your purchases.