Objective

By the end of this lesson, Vera will understand how to plan a grocery shopping trip while staying within a budget. She will learn to prioritize needs versus wants, compare prices, and make smart choices to save money.

Materials and Prep

- Paper and pencil for budgeting
- Fake grocery items (you can draw or list them out)
- A calculator (if available, but she can also do it by hand)
- Printed or written grocery store flyer with prices (can be made up)
- Play money (or you can use coins if available)

Before the lesson, prepare a list of grocery items with prices and create a budget for Vera to work with. Ensure she understands the difference between needs (like food) and wants (like snacks or treats).

Activities

- **Budget Planning:**

  Vera will start with a set budget (e.g., $20) and list out essential items she needs for the week. She can write down prices next to each item and see how much she has left as she adds items to her list.

- **Price Comparison:**

  Using the grocery store flyer, Vera will choose similar items (like different brands of cereal) and compare their prices. She will learn to select the best deals to save money.

- **Shopping Role Play:**

  Vera will pretend to go grocery shopping with her play money. She will "purchase" items from her list and keep track of her spending to see if she stays within her budget.

- **Needs vs. Wants Game:**

  Vera will categorize items into 'needs' and 'wants'. This can be done with the fake grocery items she created, helping her understand what is essential versus what is a treat.

Talking Points

- "What do you think is more important, food we need or snacks we want?"
- "How can we make sure we don't spend more than our budget?"
- "Let's look for the best prices together. Can you find a cheaper option?"
- "Why do you think it's important to stick to a budget?"
- "How does saving money now help us later?"
- "What are some things you think we could skip this week to save money?"
- "How can we make grocery shopping fun while being smart about our money?"
- "Can you think of a time when you had to make a choice between a need and a want?"