

# Supermarket Tour

Action Schools! BC

## Vegetable & Fruit Extension Activity



K-7

VEGETABLE  
AND FRUIT

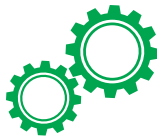
In this hands-on supermarket tour, students will learn about the wide variety of vegetables and fruit available to consumers, the different forms they can take and where to find them in the grocery store.

## PREPARATION

- Book a tour with your local supermarket, grocery store or farmers market.
- Aim to make your field trip to a location students can walk to, or consider splitting the distance between busing and walking.

*Note:* If you plan to include the scavenger hunt activity as part of your field trip, discuss the activity with the grocery store/supermarket. Ensure they are okay with having students complete this activity in their store. The scavenger hunt is probably not appropriate for younger students.

## IMPLEMENTATION



- Before the tour ask students to identify the areas in the store/market where they can find vegetables and fruit (fresh/raw, cooked, frozen, canned, dried, juiced).
- Take students on a field trip to the supermarket.
- Students write a letter home explaining what they saw at the grocery store and a new vegetable or fruit they would like to try.

## EXTENSION OF LEARNING

- Some supermarkets provide tours to classes. Contact a local store to see if these are offered in your community.
- Invite older students (Grades 5 and up) to complete a scavenger hunt:



# Supermarket Scavenger Hunt



Please don't touch any foods that are not in bags or other packaging.

**A**

Find five different vegetables or fruits that you eat regularly (at least once a week). Write down the names of those foods here.

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

**B**

Choose someone in your group to read this paragraph out loud:

***Research has determined that people should eat lots of vegetables and fruits, especially colourful ones, because these foods are full of vitamins, minerals, and other things that keep you healthy.***

**C**

Find: Three kinds of dark-green leafy vegetables

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**D**

Find three deep-yellow, orange, or red vegetables or fruits (remember, they can be deep yellow or orange under their peel or skin)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**E**

Find three types of vegetables or fruits that are in season this time of the year (such as clementines [small oranges that often come in boxes] in the winter, strawberries in the spring, peaches in the summer, and pumpkins in the fall).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

F

List three vegetables or fruits you would like to try soon:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

G

List four vegetables and fruits that you've never seen before today.

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

H

Why is it good to try new vegetables and fruits?

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## Packaging and Placement



I

List three items that are made with vegetables or fruit and are packaged or prepared in a way that makes them ready to eat right now (e.g., bottled fruit smoothies).

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

J

Do you think young people would choose these items?

 Yes  No Why or why not?

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K

Are vegetables and fruits advertised as much and/or in the same way as other items (such as breakfast cereals or cookies)?

Yes

No

L

Why do you think this is?

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What would you suggest to a vegetable or fruit company about packaging or placement to help it sell more of its products?

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Name one interesting fact you learned about the produce section. Think about nutrition content, packaging, or the location of the vegetables and fruits in the store.

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*Congratulations! You have finished the Supermarket Scavenger Hunt!*

