

GROCERY SHOPPING TREASURE HUNT

Directions:

As a group of 2 or 3 people, walk around the perimeter of the store to select food choices for the items below. Next, go to the inner aisles of the store to look for any remaining items (i.e., those foods/drinks not typically located in the perimeter aisles of the store such as beverages, frozen meals, snacks, etc.). Reconvene at front of store in 15 minutes.

Item	Best Choice	Poor Choice
Fruit		
Vegetable		
Milk		
Carbonated Beverage		
Frozen Meal		
Snack		