



Attachment 28

THE SUPERMARKET GAME

This purpose of this activity is to simulate a grocery store experience, which will help clients to feel more comfortable when going to buy food in the United States for the first time. The simulation will address such subjects as nutrition and financial literacy.

MATERIALS:

Paper

Marker

A variety of groceries (for example):

Milk (brand name)

Milk (generic)

Corn meal

Vegetable (fresh)

Vegetable (frozen)

Fruit

Oil

Can of Coke

Juice (100% juice)

Fruit drink

Household cleaners

Food pyramid for adults (attachment 26)

Food pyramid for children (attachment 27)

HOW TO DO IT:

Before class, create price tags for each item with the paper and marker, with items ranging in value from \$1 to \$5. Mark some items as “on sale.” Display items with their tags. Also create fake \$10 bills and \$1 bills, or have play money on hand.

Activity One: “Best Buy”

Have participants identify what items are “good buys” and what items are “bad buys.” Discuss the concept of buying fruits and vegetables in season, and how frozen vegetables are sometimes more affordable than fresh vegetables (and frozen vegetables retain much of their nutritional value). Discuss the benefits of buying item on sale. Discuss how, often, a store will carry two items that are roughly the same quality, but the generic item will be less expensive, and thus the better buy. Also, look at the labels. Although some fruit drink is very cheap, the drink will contain little or no fruit juice, and will not be a best buy. Also, some items will cost less if purchased in bulk, but this is only a wise purchase if the item has a long shelf life.

Activity Two: “Fill the Shopping Cart”

Distribute the fake currency to participants. Have the participant “buy” products of choice. Calculate bill and distribute change.

Activity Three: “Storing the Food”

Have participants place their items into one of four categories, either 1. fridge, 2. freezer, 3. shelf, or 4. locked or out of reach. After the participants have chosen where to store the items, discuss why they chose that storage location.



Attachment 28: The Supermarket Game (con't)

Activity Four: "Nutrition"

Distribute food pyramids. Discuss the food groups, and recommended servings per day. Explain why a correct diet is particularly important for children (a proper diet will help children grow, develop, do well in school, and stay healthy). It is particularly important for families to avoid eating too much fat and too much sugar – if children have too much oil or sugar (i.e. candy and Coke) they will not be hungry for healthy foods, and may become obese (obesity can lead to diabetes, stroke, cancer, and disease). Have participants place every food item into a food group.