

Grocery Store Worksheet

In the deli and prepared food aisle

1. Write down 3 “good for you” foods.

a. _____ b. _____ c. _____

2. Write down 3 foods that aren’t good for you.

a. _____ b. _____ c. _____

In the fruits and vegetables aisle

3. Write down 3 vegetables you’ve never tried before.

a. _____ b. _____ c. _____

4. Write down 3 fruits that you’ve never tried before.

a. _____ b. _____ c. _____

In the cereal aisle

Find your favorite cereal. Look at the nutrition label.

5. Per serving, how much sugar does it have? _____ How much fiber does it have? _____

In the frozen food aisle

Find a frozen pizza. Look at the nutrition label.

6. How much fat in a serving of frozen pizza? _____

7. How many calories in a serving of frozen pizza? _____

8. How many servings in a frozen pizza? _____

9. Find a “better for you” food. What is it? _____

In the bread aisle

10. Find a “good for you” bread. _____

11. Find a “not as good for you” bread. _____

In the dairy aisle

12. Write down the names of three “good for you” items.

a. _____ b. _____ c. _____

13. Write down the names of three items that aren’t good for you.

a. _____ b. _____ c. _____