



Shopping List / Grocery Purchase

I. **Compelling Why:**

The students will learn the cost involved in developing a weekly grocery menu. They will experience buying groceries using the Internet.

II. **Directions**

1. Create a 5-day menu for all 3 meals of the day (15 meals). Keep in mind that no meal can be skipped and they should include all the food groups. (This will be keyed on the **word processor**).
2. Load up a popular grocery store Web page. I suggest www.peapod.com. Buy all the food you will need to prepare the meal for the 5 days.
3. Save the food list and the price of each item purchased in your folder. Title your file "**5 Day Menu.**" Be sure you have a total price for all of the groceries.
4. Click on mypyramid.gov and click on **Plan a healthy menu** (green box to the right. Fill in the required fields and hit submit. In the search rectangle key in the food you ate on the first day of your weekly menu. After you keyed in all of the food you ate on this date print the result screen.
5. The assignment is due on the 3rd day of class. If late....1/2 credit reduction (15 point maximum) will be available.

III. **Materials**

Computer lab for approximately two days.

IV. **Assessment and Rubric**

A 5-day menu (15 meals) for 1-week..... 15 Points
List of the food and prices or the food bought online..... 15 Points
My Pyramid Worksheet 10 Points

Total point value.....40 Points

PEAPOD Instruction Form

1. Insert the Zip Code go. **60067** then click on go.
2. Click on Palatine, Il
3. Click on Browse Aisles.
4. Click on an Aisle you want to shop in.
5. Click on the product.
6. Click on the product you want and the number you want. Enter the amount of the Quantity and click on buy.
7. When you completed your shopping list click on Review Order
8. **Click on Print Preview this allows you to neatly print your shopping list. Print using landscape and you will get all of the prices to print.**

Click and hold on File then click on File and highlight Copy.
Go to the Start menu and load up a new Word Load up a New Word Document.