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. ___________________