

HUNGER 101: ACTIVITY 4



Grocery Trip

Subjects

Listening and Speaking, Mathematics

Grade Level

6-12

Performance Task

If time is limited, focus on steps 1-3.

1. Divide students into four groups. Tell them that they are going to be planning a nutritious menu for one day for their family. Tell them that they have five minutes to choose their menu and that each group will present its menu to the rest of the class.
 2. Distribute the Grocery Trip handouts to the groups, giving each group a different family. Remind them to also do the calculations on the bottom of their menu. Do not mention that each group will have slightly different numbers and money. Encourage the students to work only within their groups and to not share answers with other groups.
 3. Reconvene class. Ask each group to present the number of people in its family, the grocery budget and the menu they created. Ask them to also talk about the ease or difficulty their group had in making decisions.
 4. Write the phrases 'Enough Food' and 'Healthy Food' on the board, and have students list the pros and cons of each priority. Give students a chance to state defenses of one priority or the other.
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Discussion Points

- The menus you created are an approximation of the real cost of food in our community. This activity reflects how people have different levels of food security and food access. What was your reaction when you learned that other groups had different menus than yours?
 - How nutritious do you think your menu for your group is? If you had to eat this menu every day, how do you think it would affect your body? What do you think it feels like as a parent to know that you can't afford to buy your children healthy food?
 - In what ways are these menus much simpler than a real family's menu would be?
 - In many families, parents have to struggle between buying enough food for their family and buying healthy food. What do you think would need to change in order for families to achieve both priorities?
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Pass Skills

- Listening and Speaking Standard 2: Speaking - The student will express ideas and opinions in group or individual situations.
 - Mathematics Process Standard 1: Problem Solving
 - Mathematics Process Standard 4: Connections
 - Mathematics Content Standard 2: Number Sense and Operation
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Common Core Standards

- Present information, findings and supporting evidence such that listeners can follow the line of reasoning and the organization, development and style are appropriate to task, purpose and audience.
- Adapt speech to a variety of contexts and communicative tasks, demonstrating command of formal English when indicated or appropriate.
- Reason quantitatively and use units to solve problems.

HUNGER 101: ACTIVITY 4

Names:

Grocery Trip: Family 1

Choose a nutritious menu for your family for one day. Discuss as a group which foods you will buy. Circle the foods you have selected. The listed prices will cover the cost of the meal for the whole family. Once you have chosen your menu and answered the questions at the bottom of the page, discuss as a group how you will justify your menu choices to the rest of your class. Why did you make the choices you made?

There are three people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu for your family?

Breakfast for 3 people	
Cereal, fruit	\$2
Frozen waffles, eggs, fruit	\$3
Toast	\$1
Lunch for 3 people	
Cheese sandwiches	\$2
Turkey sandwiches, apples, cookies	\$4
PB&J sandwiches, carrots	\$3
Dinner for 3 people	
Spaghetti, salad, bread	\$5
Hot dogs, soup	\$4
Dinner at a fast food restaurant	\$15
Snacks for 3 people	
Three types of fruit	\$4
Cheese, crackers	\$2
Chips	\$1

How much will your menu cost:

Per day _____? Per week _____? Per year _____?

HUNGER 101: ACTIVITY 4

Names:

Grocery Trip: Family 2

Choose a nutritious menu for your family for one day. Discuss as a group which foods you will buy. Circle the foods you have selected. The listed prices will cover the cost of the meal for the whole family. Once you have chosen your menu and answered the questions at the bottom of the page, discuss as a group how you will justify your menu choices to the rest of your class. Why did you make the choices you made?

There are five people in your family. You have \$18 to spend on food for one day. How can you use this money to provide a nutritious menu for your family?

Breakfast for 5 people	
Cereal, fruit	\$4
Frozen waffles, eggs, fruit	\$5
Toast	\$2
Lunch for 5 people	
Cheese sandwiches	\$5
Turkey sandwiches, apples, cookies	\$6
PB&J sandwiches, carrots	\$5
Dinner for 5 people	
Spaghetti, salad, bread	\$8
Hot dogs, soup	\$6
Dinner at a fast food restaurant	\$25
Snacks for 5 people	
Three types of fruit	\$6
Cheese, crackers	\$4
Chips	\$3

How much will your menu cost:

Per day _____? Per week _____? Per year _____?

HUNGER 101: ACTIVITY 4

Names:

Grocery Trip: Family 3

Choose a nutritious menu for your family for one day. Discuss as a group which foods you will buy. Circle the foods you have selected. The listed prices will cover the cost of the meal for the whole family. Once you have chosen your menu and answered the questions at the bottom of the page, discuss as a group how you will justify your menu choices to the rest of your class. Why did you make the choices you made?

There are four people in your family. You have \$8 to spend on food for one day. How can you use this money to provide a nutritious menu for your family?

Breakfast for 4 people	
Cereal, fruit	\$3
Frozen waffles, eggs, fruit	\$4
Toast	\$2
Lunch for 4 people	
Cheese sandwiches	\$3
Turkey sandwiches, apples, cookies	\$5
PB&J sandwiches, carrots	\$4
Dinner for 4 people	
Spaghetti, salad, bread	\$7
Hot dogs, soup	\$5
Dinner at a fast food restaurant	\$20
Snacks for 4 people	
Three types of fruit	\$5
Cheese, crackers	\$3
Chips	\$2

How much will your menu cost:

Per day _____? Per week _____? Per year _____?

HUNGER 101: ACTIVITY 4

Names:

Grocery Trip: Family 4

Choose a nutritious menu for your family for one day. Discuss as a group which foods you will buy. Circle the foods you have selected. The listed prices will cover the cost of the meal for the whole family. Once you have chosen your menu and answered the questions at the bottom of the page, discuss as a group how you will justify your menu choices to the rest of your class. Why did you make the choices you made?

There are four people in your family. You have \$32 to spend on food for one day. How can you use this money to provide a nutritious menu for your family?

Breakfast for 4 people	
Cereal, fruit	\$3
Frozen waffles, eggs, fruit	\$4
Toast	\$2
Lunch for 4 people	
Cheese sandwiches	\$3
Turkey sandwiches, apples, cookies	\$5
PB&J sandwiches, carrots	\$4
Dinner for 4 people	
Spaghetti, salad, bread	\$7
Hot dogs, soup	\$5
Dinner at a fast food restaurant	\$20
Snacks for 4 people	
Three types of fruit	\$5
Cheese, crackers	\$3
Chips	\$2

How much will your menu cost:

Per day _____? Per week _____? Per year _____?