NO PREP

Grocery Shopping Like a Boss

Teen Edition

Includes: Student reading, case study, differentiated questions, teacher key

Name: Period: Date:

Grocery Shopping Like a Boss: Teen Edition

Focus

Master the art of grocery shopping and become a budgeting pro! This guide will equip you with the skills to plan healthy meals, create a budget-friendly grocery list, avoid impulse buys, and find the best deals on the items you need. Grocery shopping isn't just about filling your cart; it's about making informed choices that nourish your body and save you money.

Why is this Important?

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Teens who are involved in grocery shopping and meal planning tend to make healthier food choices. Participating in these activities may increase awareness of nutrition and help teens build healthy habits.

Planning Your Shopping Spree: Meals & Lists

Conquering the grocery store starts with a plan! Here's how to become a master meal planner and list-maker: Plan Your Meals: Sit down at the beginning of the week and plan your meals for the next few days. Consider breakfast, lunch, dinner, and even snacks! This helps you avoid unhealthy impulse buys at the store and ensures you have everything you need for nutritious meals. Variety is Key: Aim for a balanced diet by incorporating all food groups (fruits, vegetables, grains, protein, and dairy) into your meals. This ensures your body gets the nutrients it needs to stay healthy and energized. Leftovers are Lifesavers: Don't underestimate the power of leftovers! Cook larger portions for dinner and pack them for lunch the next day. This saves you time and money, and helps you avoid unhealthy cafeteria food or fast food options. The List is Your Lifeline: Once you've planned your meals, create a detailed grocery list. List specific items and quantities to avoid overbuying. Organize

your list by category (produce, dairy, meat, etc.) to make navigating the store easier. This helps you stay focused and resist the temptation to grab unnecessary items.

Pro Tip

: Get creative with your grocery list! Use a phone app, write it on a reusable whiteboard, or create a fun and colorful list with pictures (helpful for younger teens). Find a system that works best for you and stick to it!

Decoding Deals and Saving Big!

Grocery shopping doesn't have to break the bank! Here are some tips to find the best deals and become a budgeting boss: Unit Pricing Power: Ever wondered what those tiny numbers next to the price on the shelf tag mean? That's the unit price, which shows the cost per unit of an item (e.g., price per ounce, pound, or liter). Comparing unit prices allows you to see which brand offers the best value for your money. For example, a larger package of cereal might seem more expensive at first glance, but the unit price might reveal it's actually cheaper per serving than a smaller box. Brand Loyalty vs. Budget Buys: National brands often have a higher price tag than store brand or generic equivalents. While brand names might offer familiarity, generic products often meet the same quality standards at a fraction of the cost. Give store brands a try and see if you can taste the difference! The Weekly Circular is Your Weapon: Most grocery stores publish weekly flyers or circulars advertising sales and discounts. Take advantage of these deals by planning your meals around the featured items. Digital Deals & Coupons: Many grocery stores offer digital coupons or loyalty programs that can unlock additional savings. Download store apps or check their websites to see what deals are available. Traditional paper coupons can also be a great way to save, but be sure to only clip coupons for items you actually need and will use. Beware of Impulse Buys: The grocery store is designed to tempt you with strategically placed displays and enticing marketing. Stick to your list and avoid grabbing unnecessary items. Ask yourself, "Do I need this, or just want it?" before adding anything to your cart. Planning is Power: By planning your meals and creating a list before you shop, you're less likely to make impulse buys and overspend. Being prepared helps you stay focused and stick to your budget.

Pro Tip

: Consider setting a grocery shopping budget and sticking to it. This will help you manage your finances and avoid overspending at the store.

Healthy Choices on a Budget

Eating healthy doesn't have to be expensive! Here are some tips to make smart choices that nourish your body and your wallet: Fruits & Veggies in Season: Seasonal produce is typically more affordable and fresher than out-of-season options. Explore the variety of fruits and vegetables available at different times of the year and incorporate them into your meals. Frozen is Fantastic: Frozen fruits and vegetables are flash-frozen at peak ripeness, locking in nutrients. They're often more affordable than their fresh counterparts and just as healthy. Canned Goods Can Be Great: Canned fruits and vegetables can be a budget-friendly option. Just be mindful of added sugars and sodium. Choose options packed in water whenever possible. Dry vs. Wet: Dry beans, lentils, and whole grains are a cost-effective source of protein and fiber. While they require soaking or cooking time, they offer a significant price advantage over pre-cooked or canned options. Meatless Magic: Meat can be a significant expense. Plan meals that incorporate vegetarian protein sources like beans, lentils, tofu, or tempeh. Cook at Home More Often: Eating out frequently can quickly drain your budget. Challenge yourself to cook more meals at home using the healthy ingredients you purchased.

Pro Tip

: Consider starting a small garden to grow your own herbs or even some vegetables. This can be a fun and rewarding way to save money on fresh produce.

Case Study: The Ramen Raider

Mark is a busy high school student who juggles academics, sports, and a part-time job. He often relies on quick and convenient meals like instant ramen noodles to save time and money. While ramen might seem like a budget-friendly option, it lacks essential nutrients and can contribute to unhealthy eating habits.

1. According to the reading, how can grocery shopping and meal planning benefit teens?

2. Think about your own eating habits. Do you think being more involved in grocery shopping could influence your food choices? Why or why not?

3. What are some potential downsides to Mark's reliance on instant ramen?

4. Think about the tips you learned in this guide. Which ones would be most helpful for Mark to improve his grocery shopping habits and his diet?

Multiple Choice

1. What is the first step in becoming a master meal planner?
    a) Plan your meals for the next few days.
    b) Write a detailed grocery list.
    c) Download grocery store apps for coupons.
    d) Browse the weekly circular for deals.

2. What is the main advantage of comparing unit prices?

a) It shows the total cost of all the items placed in your shopping cart.

b) It helps you identify the most colorful packaging.

c) It reveals the expiration date of the product.

d) It allows you to see which brand offers the best value for your money.

3. Which of the following is NOT a tip for avoiding impulse buys at the grocery store?

a) Ask yourself "Do I need this, or just want it?" before adding items to your cart.

b) Create a detailed grocery list and stick to it.

c) Browse the bakery section for fresh-baked treats.

d) Plan your meals for the week before you go to the store.

Matching

Write the letter of the correct definition on the line next to each term.

Term	Definition
1. ___ Planning meals with a variety of food groups	A) Taking advantage of the best prices on fresh produce
2. ___ Using digital coupons and loyalty programs	B) Saving money by opting for generic equivalents of national brands
3. ___ Comparing unit prices	C) Taking advantage of additional savings offered by stores
4. ___ Choosing store brand or generic products	D) Ensuring your body gets the nutrients it needs
5. ___ Buying seasonal fruits and vegetables	E) Finding the most affordable option per unit (e.g., price per ounce)

Fill-in-the-Blank

1. When grocery shopping, it's important to create a detailed _____ with specific items and quantities to avoid overbuying.

2. The tiny number next to the price on the shelf tag that shows the cost per unit of an item is called the _____ price.

3. To save money on meat, plan meals that include _____ protein sources like beans, lentils, tofu, or tempeh.

Short Answer

Answer each question in 2-4 complete sentences.

1. Explain why planning your meals before you go grocery shopping is beneficial.

2. Describe two ways to save money on fruits and vegetables.

3. Refer to the case study "The Ramen Raider." Based on the information provided, what are two healthy and budget-friendly meal options Mark could consider incorporating into his diet? Why?