



Comparative Shopping Activity

Participants: Classroom Prepared By: Phyllis Sweatt Chapter: Bowling Green High School State: KY

Overview & Purpose	
Students will practice planning and purchasing groceries on a budget.	
Activity Goals & Objectives (Specify skills/information that will be learned.)	Students complete cost analysis from 3 grocery stores. Students prepare budget. Students select recipe, ingredients, and prepare meal.
Materials Needed	<ul style="list-style-type: none"> • Paper • Pencil • Store Flyers from 3 local grocery stores • Recipe assortment • Food Guide Pyramid
Activity Timeframe	3-4 Class periods
Activity (Describe the independent activity to reinforce this lesson)	<ol style="list-style-type: none"> 1. Students will be given a budget for one meal. 2. Student will select a recipe for that meal that they will buy ingredients for, and then prepare. Recipes should align with a balanced menu, using the Food Guide Pyramid. 3. Students will be given three different flyers from three separate stores to purchase food ingredients. Comparing prices, students will select the store/ingredients based on budget. 4. Groups will select food and record costs in chart form.
Activity Wrap-up (Discuss outcomes, give examples...)	The meal should then be prepared by the students in each lab group (four students per group). All paperwork, including price chart should be completed.
Other Resources	Cookbooks Online recipe sites
Additional Notes	May ask the students to independently find a store not listed in handouts/flyers, and research prices for items needed at that store.

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