



Congratulations! By taking your students on a field trip to your local Giant, you are helping them take an important step along the journey to good health. We at Giant are committed to improving the health of children and families in our community and encourage you to continue the adventure in your classroom. To get you started, we've made available the following components:

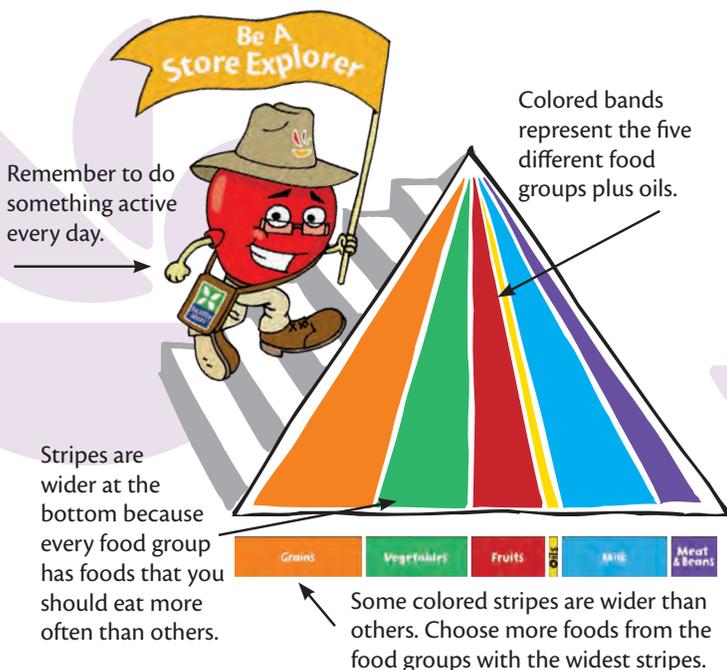
- *Be A Store Explorer Teacher's Guide and Poster* – Includes extension activities to reinforce the MyPyramid for Kids and healthy tips your students will learn during their *Store Explorer Adventure*.
- *Be A Store Explorer Adventure Guide* – Each child will receive his/her own copy as they conclude their field trip. The guide is filled with fun activities based on their adventure as well as recipes for families to try at home.

We hope you'll share this teacher's guide with other teachers in your school. After all, healthy choices are important to every student — and every family.

Store Explorer Teacher's Guide

Sharing MyPyramid with Your Kids

The USDA MyPyramid for Kids is an excellent tool to help kids make healthy food choices. To stay healthy, kids need to eat from all food groups and get at least 60 minutes of physical activity each day. Use the *Be A Store Explorer Poster* to review some important features of the MyPyramid for Kids.



Exploring Healthy Tips

During the *Store Explorer Adventure*, your students visited each department and discovered healthy tips that will help them make healthy choices. Review the healthy tips below and use the activity suggestions to reinforce these important tips in your classroom:

Produce Shop

Eat a "rainbow" of fruits and vegetables.

- Eat five or more servings of fruits and vegetables each day.
- Eat fruits and vegetables at meals and snack time.

Seafood Shop

Choose fish more often for lunch or dinner.

- Fish belongs to the Meat/Beans food group and is high in protein, which gives us energy to grow strong.
- We are proud to be partners with the New England Aquarium. Regarded as one of the top marine research centers in the world, they assist us in improving the environmental friendliness of our seafood offerings. To learn more about our Sustainable Seafood Policy, go to giantfood.com and click on Smart Seafood Choices.

Butcher Shop

Go Lean with Protein

- Lean meats and poultry are good sources of iron, zinc, and protein, important for energy and a healthy body.
- Try other foods in the Meat/Beans or protein group like eggs, dried beans and peas, nuts and fish.

Dairy Shop

Eat Dairy Every Day

- Choose low-fat or fat-free milk products.
- Enjoy dairy three times a day.
- Dairy provides calcium, which is important for strong bones.

Bake Shop

Make Half Whole

- Half the grains you eat daily should be whole grains – they have more fiber and are the healthiest choice.
- Whole grains include whole wheat flour, whole wheat pasta, brown rice, oats, bulgur, and popcorn.

Deli

Keep it lean and sodium low.

- Choose lean meats and low-fat/low-sodium cheese.
- Look for the Healthy Ideas symbol on lean meats and other deli foods.

Frozen Foods/Grocery

Look for the Healthy Ideas Symbol

- Find foods from each food group in the frozen foods and grocery aisles.
- Eat from each food group daily.

Checkout

Recycle and Reuse

- Bring your own reusable bags for shopping.
- Remember to recycle plastic bags by putting them in the bins at the front of the store.

Activity 1: A Superb Supermarket Adventure

Divide the class into small groups and have each group create a map of the supermarket, showing each department. Ask them to draw at least two healthy food items in each department and

include a healthy tip. Create a class mural by displaying their maps with photos from your *Store Explorer Adventure!*

Activity 2: Expert Eaters

Break the class into teams of 3-5 students. Ask each team to write six quiz questions based on a new healthy tip they learned on their *Store Explorer Adventure*. Have them write each question on one side of an index card, and the answer on the other side. Each team can then quiz the others. The team that answers the most questions correctly wins.

Store Explorers

Extend the fun of your *Store Explorer Adventure* and reinforce the healthy tips your students learned by completing the activities below.

Activity 1: My Healthy Shopping List

Point to the Healthy Ideas symbol on the poster. Ask students: Do you remember seeing this symbol during your *Store Explorer Adventure*? Where did you see this symbol? How is health and food connected? (Eating a wide variety of healthy foods helps you stay well and grow strong.) Ask kids to name the foods they remember from their adventure and make a list on the chalkboard. Students can add other healthy foods to the



Healthy Ideas

During their *Store Explorer Adventure*, students were introduced to the Healthy Ideas symbol. Healthy Ideas was created by nutritionists to make it easy to shop for healthy foods. You can find the Healthy Ideas symbol on more than 5,000 items throughout the supermarket, including nearly all the fruits and vegetables in the produce department. Remind your students of the Healthy Ideas symbol and challenge them to look for foods with this symbol as they shop with their family.

The Healthy Ideas criteria follow the dietary advice of leading governmental and health organizations, including the Dietary Guidelines for Americans, MyPyramid.gov, and the Code of Federal Regulations. The Dietary Guidelines describe a healthy diet as one that:

- Emphasizes fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs, and nuts; and
- Is low in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars.

It is recommended that nutrient needs be met primarily through consuming foods. The MyPyramid for Kids emphasizes eating a variety of foods from all food groups in appropriate serving sizes and engaging in physical activity daily. For more information on the Healthy Ideas criteria, including recipes and FAQ, go to giantfood.com.



list and explain why those foods are healthy. For example, students might say “grapes are healthy because they’re fruit, and you should eat several servings of fruit each day.” Encourage kids to include foods representing each food group.

Activity 2: My Store Explorer Placemat

Give each student a piece of colored construction paper to use as a placemat. Have them create a healthy food collage on their placemats by cutting and gluing pictures from magazines or actual food labels, or by drawing the foods. Remind students to include healthy foods they saw on their tour. Students may also draw a picture or glue a photograph of themselves on their field trip. Laminate the placemats for each student and encourage them to use them at home with their families to retell their *Store Explorer Adventure* and reinforce healthy food choices.

Activity 3: Yummy and Good For You Snacks

Write the recipe below on the chalkboard. Have students help you measure the ingredients and follow the directions to make the snack mix. Ask students which food groups are represented in the recipe (grains, fruits, and almonds from the meat and beans group). Then, have the class complete a taste-test and rate the recipe. As a follow-up, encourage students to create their own snack mix recipes and share their recipes with their families.

Store Explorer’s Snack Mix

Ingredients:

- 3 cups *Giant Honey Nuts Oats & O’s* cereal
- 2 cups Whole Grain Cereal Squares (such as *Wheat Chex*)
- 1/2 cup dry roasted almonds (optional)
- 1/2 cup sweetened dried cranberries, orange flavor
- 1/2 tsp ground cinnamon



Directions:

In a large bowl or zip-lock plastic bag, mix all ingredients together. Store in an airtight container. Suggested serving size: 1/2 cup.

Activity 4: Exploring Nutrition Facts

Bring two or more different nutrition labels for the same foods — for example, two or more labels for cereal or for pasta, beans, ice cream, etc. Divide the class into small groups and give each group a nutrition label to examine. Ask students to point out the serving size, calorie, fat, cholesterol, and sodium information on the label. Explain that the Nutrition Facts label helps us compare the calories and nutrients in different foods. Emphasize that we should limit total fats, saturated fats, trans fats, cholesterol and sodium and get enough nutrients like vitamin A, vitamin C, calcium, and iron. Then give each group at least two Nutrition Facts labels for the same food. Ask students to choose the best option and explain how they use the Nutrition Facts labels to make their choice.

Learn More at the Store

Your *Store Explorer Adventure* can be the starting point for lessons in geography, science, math, and more. Use these activities to explore outside the health curriculum and to learn more about the incredible team that makes supermarket shopping so much fun!



Activity 1: Food Origins

Have students pick one food they saw on their adventure and research its origins using the Internet or library resources. For example: Where do potatoes grow? What kind of animal produces bacon? What kind of plant is used to make flour? Ask students to create a flow chart showing where their food comes from and how it gets to the supermarket. The following websites may help students with their research:

- www.inventors.about.com/od/foodrelatedinventions/History_of_Food_and_Food_Products.htm
- www.foodtimeline.org
- www.menmagazine.co.uk/book/foodorigins.html

Activity 2: Edible Plants

Ask students to think about the parts of a plant: the leaves, stem, seed, flower, and roots. Use a plant or drawing to identify each part. Explain to students that vegetables come from all parts of a plant. Create a chart on the board and ask students if they can give an example of a vegetable that comes from each part of the plant:

Leaves	Stem	Flower	Roots	Seeds
lettuce	celery	broccoli	carrots	peas
spinach	asparagus	cauliflower	potatoes	beans
kale	rhubarb	artichoke	onions	rice

As a follow-up, create an edible plant using foods for each part. For example, lettuce for leaves; celery for stem, cauliflower for flower, carrots for roots, and peas for seeds.

Activity 3: The Supermarket Superteam

Ask students if they can name six different jobs people do in the supermarket. (Some possible answers: manager, stocker, baker, butcher, checkout clerk, bagger, cook, produce specialist, dairy specialist, pharmacist, florist, etc.) Which one of the jobs would they like best? Why? As a follow-up ask students to create a job posting for their favorite supermarket job. Encourage students to think about the people they met during their adventure and their job responsibilities.



section “Cardboard”, one “Metal”, one “Plastic”, and one “Glass”. Students can then illustrate appropriate items for each section. Encourage students to also include a recycling message of their own and display the poster in the hall or cafeteria to encourage their classmates to recycle.

As a follow-up, you might reinforce the concept of reusing by having students bring an empty can to class to create a pencil holder. Encourage them to decorate the can with a drawing of the Store Explorer apple mascot and other materials like glitter, pom/poms, construction paper, etc.

Activity 4: Journey to Our Plates

Remind students of their visit to the seafood department on their *Store Explorer Adventure* and the different types of fish they saw. Discuss the journey from ocean/freshwater to our dinner plates (Example: ocean/freshwater, boat, dockside, delivery

truck, supermarket, etc.). Divide students into pairs and ask each team to illustrate one step in the process. Have teams work together to place the illustrations in order by arranging them on the wall/floor. Note that students will order the steps in different ways and not always in linear fashion. Reinforce the importance of protecting the environment so there are plenty of fish for years to come and discuss ways they can contribute. For more information about Giant’s Sustainable Seafood Policy, go to giantfood.com and click on Smart Seafood Choices. As a follow-up, continue this activity with other foods like meat, fruit, vegetables, etc.

Healthy at Home

Remind your students that Store Explorers don’t stop exploring good food and good health. Use these activities to help students extend their Store Explorer learning experience to their families at home.

Activity 1: Our Store Explorer Recipe Book

Have students interview a parent or grandparent about healthy recipes they grew up with. What were their favorites? Where did the recipes come from? Are there any special ingredients? Ask students to bring a favorite family recipe to school and share the story behind it with their classmates. Assemble the recipes to create a *Store Explorer Recipe Book*. Include photos or drawings of each family with its recipe and a short description of the recipe’s importance to the family. Photocopy the recipe book for kids to bring home and share with their families.



Activity 2: Get Moving!

With your students, brainstorm a list of physical activities kids can do before and after school. Ask kids to get creative by thinking about activities they can do with and without equipment; at home and outside; quietly and loudly. Possibilities include skipping to and from school, jogging in place as you wait to cross the street, challenging your family to a hula hoop showdown, etc. Encourage students to try one new activity this week. Each day, ask for volunteers to report on the activity they tried. Did they enjoy it? What did they like/dislike? Would they recommend it to classmates?

Activity 3: Help Keep Our Planet Healthy

Remind students that on their *Store Explorer Adventure* they discovered some ways to help protect the environment and keep our planet healthy, like using reusable shopping bags and recycling plastic bags. Explain that it’s important to recycle items like glass, plastic, cardboard, and metal because they can be used to make new items. Ask students to make their own recycling poster in which they divide the paper into four parts. Label one



Resources:

- US Department of Agriculture: www.mypyramid.gov/KIDS and teamnutrition.usda.gov
- Produce for Better Health Foundation: www.morematters.org and foodchamps.org (a website for kids)
- National Dairy Association and Dairy Council: www.3aday.com and nutritionexplorations.org
- New England Aquarium: www.neaq.org
- International Food Information Council: www.kidnetic.com (a website for kids encouraging physical activity)
- Environmental Protection Agency: www.epa.gov/kids/