**Name:**_____ **Date:**_____   <span style="border:1px solid">*Score: _____/32*</span>

**Grocery Store Scavenger Hunt**

**1. Find your favorite candy bar.  Write the following:**

Name:_____ Calories:_____ Fat:_____ Sugar grams:_____

**2. Now find another candy you still like, but one that has less calories**
**or fat, list this "healthier" candy:** (remember, it's all about choices!)

Name:_____ Calories:_____ Fat:_____ Sugar grams:_____

**3. Go to the yogurt section.  List 3 different kinds of yogurts:**

Name:_____ Serv. size:_____ Calories:_____ Fat:_____ Sugar grams:_____
Name:_____ Serv. size:_____ Calories:_____ Fat:_____ Sugar grams:_____
Name:_____ Serv. size:_____ Calories:_____ Fat:_____ Sugar grams:_____

**4. Go to frozen pizza section.  Compare 3 brands of frozen pizzas:**

Name:_____ Serv. size:_____ Calories:_____ Fat:_____ Sodium:_____

Name:_____ Serv. size:_____ Calories:_____ Fat:_____ Sodium:_____

Name:_____ Serv. size:_____ Calories:_____ Fat:_____Sodium:_____

**5. Go to the cereal aisle.  Look through the whole aisle to find these:**

1) **The** cereal  brand that's <u>highest</u> in fat:_____ Serv. size:_____ Total Fat:_____

2) Any cereal that's <u>low</u> in fat:_____ Serv. size:_____Total Fat:_____

3) **The** cereal  brand that's the <u>highest</u> in sugar:_____ Serv. size:_____ Total Sugar:_____

4) **The** cereal that's <u>lowest</u> in sugar:_____ Serv. size:_____ Total Sugar:_____

**6. Go to the ice-cream section.  Look through the whole section and find these:  (you can select**
**frozen yogurt, but not ice-milk!!!)**

1) The ice-cream brand that's the  <u>highest</u> in fat:_____ Serv. size:_____ Total Fat:_____

2) The ice-cream <u>lowest</u> in fat:_____ Serv. size:_____ Total Fat:_____

3) The ice-cream brand that's the <u>highest</u> in sugar:_____ Serv. size:_____ Total Sugar:_____

4) The  ice-cream <u>lowest</u> in sugar:_____ Serv. size:_____ Total Sugar:_____


## 7. Go to the snack food/chips aisle.  Compare these brands:


**Lays Potato Chips:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Fritos:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Chili Cheese Fritos:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Sun Chips Original:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Doritos Original:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Pretzels:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____

**Cheetos:**          Calories:_____ Serv. size:_____ Fat:_____ Sodium:_____


## 8. Go to the juice aisle (not frozen juice).  Compare 3 brands of juice:

Name:_____ Calories:_____ Sugar grams:_____

Name:_____ Calories:_____ Sugar grams:_____

Name:_____ Calories:_____ Sugar grams:_____


## 9.  Does this grocery store's bakery have food labels on their items so you can check out the nutrients?   yes / no   If "No" guess why they don't?



## 10. OPTIONAL -if you want, ask the baker on duty if you could see the calories or fat for a bakery product you like...  If you chose to do this question, write what you found out:



## 11. What were some things you found out today that you didn't already know about food products?

**STATEMENTS: MARK "Yes" Support or "No" Contradict:**

_____**"Yes"**  /  _____ **"No":** Product packaging is always upfront about what is inside the product.

_____**"Yes"**  /  _____ **"No":** There are healthier choices at grocery stores if you know how to read labels.

_____**"Yes"**  /  _____ **"No":** When a product is low in fat, it's often high in sugar, and visa versa.

_____**"Yes"**  /  _____ **"No":** Healthier items are typically on the outside of the store, not in the center aisles.