



Instructor's Guide

SHOPPING SMART

There's no question about it: the grocery-shopping experience can be overwhelming! This video will guide viewers smoothly through the process of planning balanced meals, making a shopping list, clipping coupons, and setting (and sticking to!) a budget. Helpful tips on stretching a dollar and sidestepping supermarket gimmicks are included, and food safety is emphasized.

This program correlates to all applicable National and State Educational Standards, including the NCLB Act.

Shopping Smart is part of the series *On Your Own: Independent Living Skills*. The series includes:

- Finding an Apartment
- Managing Your Money
- Practical, Healthy Cooking
- Shopping Smart
- Housekeeping How-Tos
- Building the Right Wardrobe

Program Overview

Chapter 1: MEAL PLANNING

Chapter 2: FOOD SAFETY

Chapter 3: FOOD LABELING AND NUTRITION

4. "Sell by" means _____

5. "Pack date" means _____

6. "Expiration" means that _____

7. List some ways to make sure the food you're buying and bringing home is in the best condition.

11. Saturated fats, unsaturated fats, trans fats — which of these is the healthiest choice, and which is the least healthy?

12. True or False? When reading the Nutrition Facts label, you should make sure the amount of carbohydrates is low, as these represent “empty calories.”

13. In what order are a product’s ingredients listed?

Review — Instructor's Key

1. List some ways to make sure you make the best choices when shopping for groceries.

- Plan a week's worth of meals
- Make a shopping list, including both staple items (e.g., bread, eggs, milk) and foods from each of the food groups
- Check ads for sales, and clip coupons
- Try to buy in-season, locally grown fruits and vegetables

2. List some ways to save money in the grocery store.

- Use coupons
- Buy items that are on sale
- Buy store brand products instead of name brand products
- Read pricing labels, and buy whatever is cheapest per pound
- Use meat substitutes like beans and lentils
- Use meat extenders like pasta and rice
- Shop in bulk
- Don't be tempted by higher-priced specialty items placed near checkout counters or at the ends of aisles
- Don't go to the store hungry; you will end up buying foods you don't need

3. "Best-when-used-by" means _____

- the food will be freshest if used before this date, as long as the item has not been opened. It does not mean that the food cannot be used after this date, just that the quality will begin to deteriorate; it won't taste as good or be as nutritious. Of course the longer it is used after that date, the more likely it is to begin spoiling.

4. "Sell by" means _____

- the food item should be sold by the specified date, and removed from store shelves after that date. The consumer still has a day or two to use the item after the "sell by" date.

5. **“Pack date” means _____**
- the item was packaged on that date. Pack dates are usually used on items that expire quickly like eggs, and are often coded so that only manufacturers, wholesalers, and retailers can read it.
6. **“Expiration date” means that _____**
- after this date, the food is no longer safe to be eaten.
7. **List some ways to make sure the food you’re buying and bringing home is in the best condition.**
- Refrigerated foods should be cold to the touch
 - Don’t buy canned food that is dented, cracked, or bulging
 - Get your groceries home and put away as quickly as possible after purchasing; don’t leave them in the car while you run other errands
 - Consider bringing a cooler with ice blocks to help preserve cold foods on the ride home
8. **True or False? Food labeled “organic,” if manufactured in the U.S., must meet certain FDA standards.**
- True. This includes heavily regulating the use of non-organic pesticides, insecticides, and herbicides. There is also some regulation of non-organic fertilizers, as well as the use of antibiotics and growth hormones in livestock. In most countries, food labeled “organic” cannot be genetically modified.
9. **True or False? Food labeled “all natural,” if manufactured in the U.S., must meet certain FDA standards.**
- False. “All natural” is generally understood to mean that the food item has been made with natural ingredients using minimal processing and no artificial preservatives, but currently there is no legal definition for what makes a food item “all-natural.”
10. **What information will you find on the Nutrition Facts label?**
- Serving size, nutritional data such as fat, sodium, protein, and vitamin and mineral content, calorie count, and number of servings per container

11. Saturated fats, unsaturated fats, trans fats — which of these is the healthiest choice, and which is the least healthy?

- Unsaturated fats are the “good,” heart-healthy fats, such as olive oil and canola oil.
- Saturated fats, found mainly in meats and dairy products, have been linked to coronary artery disease; you generally find higher levels of saturated fat in processed foods.
- Trans fats, like hydrogenated oils, are highly processed substances, and are considered to be the most dangerous to your health. Experts recommend consuming only trace amounts, if any.

12. True or False? When reading the Nutrition Facts label, you should make sure the amount of carbohydrates is low, as these represent “empty calories.”

- False. Carbohydrates include dietary fiber, the indigestible portion of a plant that helps food move through the digestive system. Fiber is a very important part of a healthy diet.

13. In what order are a product's ingredients listed?

- The ingredients are listed in order of the amount used, with the largest percentage coming first. For example, a box of pasta may have “enriched bleached flour” listed first, which means that it contains more enriched bleached flour than any other ingredient.

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