

**Exploring Life and Career © 2012**  
**Chapter 8: Planning Meals—Read, Discuss, and Analyze Activity**

**Food Shopping**

**READ the case study**

Mario’s parents have to work late and have given Mario a certain amount of money to buy food at the local supermarket for dinner. When Mario arrives at the store, he notices all the choices available. Foods come fresh, frozen, and canned. Some have name brands, while others are store brands. Products also come in various sizes of containers. With all these choices, Mario is confused. He wants to buy the most nutritious food for the least amount of money.

**DISCUSS this question in class:**

What are some shopping tips you could give to Mario?

**ANALYZE the following statements about the case study to decide which are true and which are false.**

- |   |   |   |
|---|---|---|
| T | F | Mario will likely spend less on store brands than on name brands.   |
| T | F | To make a wise decision and save time, Mario should just buy the first items he sees.                       |
| T | F | As he shops, Mario should compare cost and quality to get the best buys.                                    |
| T | F | Mario finds that foods in larger packages are often better values than those that come in smaller packages. |