

Preparing for Life and Career © 2013
Chapter 18: Buying and Storing Foods—Read, Discuss, and Analyze Activity

Food Shopping Experience

READ the case study

Min-Jee is planning a sleepover for her birthday. She will have five friends spend the night and is responsible for making breakfast for everyone. She has decided to prepare eggs, toast, and pancakes. She also wants to buy fresh fruit and a beverage, which she will select once she is in the store. Later, when Min-Jee and her mother arrive at the supermarket, Min-Jee is overwhelmed by the different food options. She has forgotten some of the ingredients that she needs and is not sure which prices are the best buy.

DISCUSS this question in class:

What tips can you give Min-Jee to make her shopping experiences more successful?

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

- T F Calculating unit price can help Min-Jee and her mother save money when shopping for food items.

- T F If Min-Jee buys fruit that is in season, it will be more expensive than fruit that is *not* in season.

- T F Min-Jee does *not* need to consider the Percent Daily Values when selecting the best food options.

- T F If Min-Jee has extra eggs after breakfast, she should store them in a sealable bag inside the refrigerator drawer.