

Adventures in Food and Nutrition! © 2012

Chapter 12: Smart Shopping

Tools:

- Printer
 - 8.5" x 11" paper
 - Scissors
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Directions:

1. Print
 2. Fold paper in half vertically
 3. Cut along dashed lines
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-
-
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color additives

Additives that make foods look more appealing.

- FOLD -

01 of 31 E-Flash Cards



comparison shopping

Comparing prices of different brands, forms, and sizes of the same item.

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02 of 31 E-Flash Cards



convenience store

A type of store often located near or in residential areas that are usually open longer than most other food stores.

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03 of 31 E-Flash Cards



discount food stores

A type of food store that offers food at lower prices because the store buys large amounts of food and offers few services.

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04 of 31 E-Flash Cards

expiration date

The last date a food should be eaten.

- FOLD -

05 of 31 E-Flash Cards



farmers' market

A marketplace where people can buy fresh fruits, vegetables, and eggs directly from the farm at lower prices.

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06 of 31 E-Flash Cards



flavor additives

Additives that make foods taste more appealing.

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07 of 31 E-Flash Cards



food additive

Any substance added to foods.

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08 of 31 E-Flash Cards

Food and Drug Administration
(FDA)

Federal organization that sets the standards for food labels for all foods except for meat and poultry.

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09 of 31 E-Flash Cards



food cooperative

A discount food store that is formed when a group of people get together and buy large amounts of food.

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10 of 31 E-Flash Cards



freshness date

The date that indicates how long a food will be fresh and tasty.

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11 of 31 E-Flash Cards



generic products

Products that have plain labels and are not advertised. They are often the least expensive.

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12 of 31 E-Flash Cards

impulse buying

Making an unplanned purchase.

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13 of 31 E-Flash Cards



name brands

Brands that cost the most because they have fancy packages and are advertised.

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14 of 31 E-Flash Cards



neighborhood grocery store

Small food store often owned and run by one family.

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15 of 31 E-Flash Cards



nutrient additives

Vitamins and minerals added to foods to make them more nutritious.

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16 of 31 E-Flash Cards

open dating

A system of putting dates on foods to help you to decide which package to buy and which to use first at home.

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17 of 31 E-Flash Cards



organic foods

Crops grown on farmland that have not been treated with human-made pesticides or weed killers or fertilized with sewage sludge. Organic meats are from farm animals that received no drugs or hormones to speed their growth rate.

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18 of 31 E-Flash Cards



perishable foods

Foods that spoil in a few days, such as fresh milk and meat.

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19 of 31 E-Flash Cards



preservative

An additive that helps keep foods fresh longer by preventing the growth of mold or bacteria.

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20 of 31 E-Flash Cards

The last day a food should be sold.

pull date

- FOLD -

21 of 31 E-Flash Cards



The last day a food should be sold.

sell date

- FOLD -

22 of 31 E-Flash Cards



A plan that helps you save time, energy, and money. It also helps you reach your food shopping goal of getting what you need at the best price.

shopping plan

- FOLD -

23 of 31 E-Flash Cards



A store that features one type of food.

specialty shop

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24 of 31 E-Flash Cards

staple foods

Foods that stay fresh for a long time,
such as flour and sugar.

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25 of 31 E-Flash Cards



store brands

Brands sold by the supermarket
chain.

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26 of 31 E-Flash Cards



supermarket

A type of large food store that offers
special services and also sells nonfood
items.

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27 of 31 E-Flash Cards



texture food additives

Additives that help ingredients blend
well or improve the texture of foods.

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28 of 31 E-Flash Cards

United States Department
of Agriculture (USDA)

Federal organization that sets the
standards for meat and poultry labels.

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29 of 31 E-Flash Cards



unit price

The cost per unit of an item.

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30 of 31 E-Flash Cards



universal product code (UPC)

A series of black lines, bars, and
numbers printed on food labels
to identify the product and its
manufacturer, size, and style or form
for a computer programmed to reflect
the current price of that item.

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31 of 31 E-Flash Cards



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