

Grocery Shopping with Kids – Fruits and Fun!

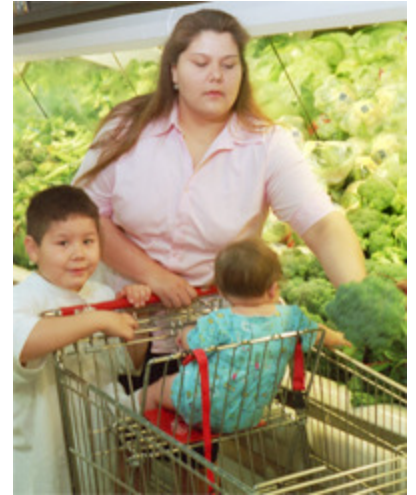
Pre-reading

Questions:

- What is grocery shopping?
- Why may it be a hard thing to do with kids?

Definitions:

- Aisle – a walkway between store shelves
- Fiber – parts of plant foods that the body cannot digest; helps move food waste out of the body



Reading

13 Healthy eating grows healthy minds and bodies. Pam wanted her kids to eat
27 healthy foods. She tried to make healthy eating fun. The fun began with their
33 weekly visit to the grocery store.
49 Pam and her kids started their shopping in the fruit aisle. Pam gave her kids a
62 healthy choice. She asked them if they wanted apples or grapes. Apples have
78 vitamins C and A. They are also a good source of fiber. Grapes have vitamin C.
91 Pam’s son chose apples. Pam asked, “Green or red?” “Red!” he said. Pam
106 asked him to fill a bag with five red apples. Pam’s daughter wanted grapes. Pam
114 again asked, “Green or red?” “Green!” she said.
129 With bags of fruit in hand, the children searched for the **scale**. They had fun
143 guessing how much their fruit would weigh. The weight of the fruit determined how
151 much Pam would have to pay for it.
165 Pam’s children liked to eat food they had helped choose. Pam and her kids
179 walked to the vegetable aisle next. Pam said, “I’m searching for a green vegetable.
183 Guess what it is!”

Understanding

1. Why did Pam want her children to eat healthy food? _____

2. What kind of fruit did Pam's son choose? _____

3. What color of fruit did Pam's daughter choose? _____

4. What does the word **scale** mean in this reading?
 - a. One of the many small, thin plates that cover the body of fish and reptiles.
 - b. A device used to find out the weight of an object.
 - c. A series of musical notes going up or down in tone.
5. Why did Pam want the fruit weighed? _____

6. Were Pam's children more or less likely to eat foods they had chosen? _____

Writing

Choice A: Retell the story in your own words.

Choice B: Write about how you get your kids to eat healthy foods.

Choice C: Write about shopping with your kids.
