

# GRAB AND GO LESSON

## Field Trip Adventures at the Grocery Store

Education and Training |  
Nutrition Education

**Purpose:** This handout provides tips and activities for conducting field trips at the local grocery store.

Field trips to your local grocery store can be a great way to introduce children to a variety of new foods. Keep these tips in mind as you prepare for your shopping adventure.

- The best time to visit a grocery store is after a meal or snack when children are not hungry.
- Children should be well-rested, especially for larger stores and longer trips. Visit the grocery store early in the morning or after naptime.
- Choose a time when traffic is less busy, such as off-peak hours. Bring enough adults to maintain appropriate supervision during the trip.
- Don't make the trip too long! Consider the age and ability of children to focus and schedule the visit to align with their needs.
- Before visiting the store, talk with children about expectations such as using good manners, following directions, and staying close to adults.

### Grocery Store Activities

Try a few of these activities during your grocery store visit!

#### Name the Colors!

Help children identify foods in every color of the rainbow.

**Red** – apples

**Orange** – tangerines

**Purple** – eggplants

**Green** – avocados

**White** – onions

**Brown** – potatoes

**Blue** – blueberries

**Yellow** – bananas

#### Find the Alphabet!

Find foods for every letter in the alphabet in the produce department. Here is a list to get you started.

**A** – apple, asparagus, apricot, alfalfa sprouts, artichoke, avocado

**B** – banana, bok choy, beets, blackberries, blueberries, broccoli

**C** – carrots, cauliflower, celery, cucumber, cabbage

**D** – dates, dill weed

**E** – eggplant, endive, escarole

**F** – field greens (a type of lettuce), figs, fennel

**G** – green beans, green peppers, garlic, grapefruit

**H** – honeydew melon, hubbard squash

**I** – iceberg lettuce

**J** – jicama, Jerusalem artichokes

**K** – kale, kiwi, kohlrabi, kumquat

**L** – leeks, lemons, limes, lettuce, lima beans, lychee

**M** – mangos, melons, mushrooms

**N** – nectarines

**O** – okra, onions, oranges

**P** – papaya, pineapple, potato, parsnips, peaches

**Q** – quince

**R** – radish, raspberries, raisins, rhubarb

**S** – snap peas, squash, strawberries, sweet potato

**T** – tomatillos, tangelo, tangerine, tomato, turnip

**U** – ugli fruit, umbrella fruit, ube

**V** – vegetable mix

**W** – wax beans, watermelon, water chestnuts

**X** – xigua (Chinese word for watermelon)

**Y** – yams, yucca (cassava)

**Z** – zucchini

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### What's that Shape?

Another great activity is to focus on shapes. Have children find foods based on common shapes.

**Circles** – cherries

**Ovals** – potatoes

**Squares** – baskets of berries

**Stars** – star fruit

**Triangles** – cheese wedges

Taking nutrition out of the kitchen helps children identify where foods are purchased and helps in making healthy choices and increasing variety.

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