Grocery Store Activity

**Directions:** Find the answers in the grocery store fruit and vegetable section.

1. Name 2 fresh fruits in the grocery store.

2. Pick 2 fresh fruits of different colors in the grocery store. Write 2 sentences about them.

   Sentences:

3. List 5 different, fresh vegetables for a salad. Have at least 3 different colors.

4. Vegetables have fiber. Explain why fiber is important for your body.
5. The produce section has scales. Count how many. What are they used for?

6. Pick a fruit or vegetable to weigh. Find 1 fruit or vegetable that can be weighed. Is it possible to buy 1 fruit or vegetable for $1?

   Fruit or vegetable price_________________________

   Possible to buy 1 for $1.00 or less   Circle: Yes or No

7. Write a short letter to your aunt describing a lunch for your friends. The salad made in #2 is part of the lunch.

8. Write the health benefit of at least 1 fruit or vegetable you found at the store. (5 sentences)