

GROCERY STORE SAVVY
Grade Levels: Intermediate School & Middle School

Objective: Students will develop consumer skills for identifying pork cuts in the marketplace, and collecting relevant product information.

Resources:

- *Pork Basics* fact sheet: <http://www.porkbeinspired.com/resources/images/2045.pdf>. **Wisconsin Pork Association can provide hard copies of the Pork Basics fact sheet for your students; call 608-723-7551 or e-mail tvaassen@wppa.org to order.
- *Proper Meat Quality–Selecting Pork* online video: <http://bcove.me/c2uos1pp>.
- *Grocery Store Savvy* activity

Grocery Store Savvy

Shopping for Pork

Activity may be used with class field trip or as part of an out-of-class option. To prepare students for this experience you may want to use examples/information regarding meat labels and cuts. Show students cuts of pork using poster, *Pork Basics* fact sheet at <http://www.porkbeinspired.com/resources/images/2045.pdf> and/or online video *Proper Meat Quality–Selecting Pork* at <http://bcove.me/c2uos1pp>.

Terminology to cover with students includes pre-packaged, fresh, meat case, marinated, unit price, total price, and net weight.

“Walk through” Grocery Store Savvy with students. Focus on the left column – each underlined term indicates what that row in the table is about. Emphasize with students that they make choices about which rows they will complete. NO ONE HAS TO COMPLETE THE ENTIRE TABLE. Caution students that they need a “block” of time to complete this activity – at least 30-45 minutes. It may be helpful for them to work on this with a friend but each person must fill out their own table.



Supplemental Activity: TEACHER GUIDE
Ham Pizza Snacks
 Grocery Store Savvy

Grocery Store Savvy

When consumers shop for pork their first destination is the Meat Department of the grocery store. In the Meat Department there may be a meat case that displays fresh pork cuts in a refrigerated case with store staff to assist you, and also prepackaged cuts of meat. Ask the person at the meat case for help if you have any questions.

Here are some pork cuts to look for—what can you find? Your goal is to earn 25 or more points. Allow at least 30-45 minutes for this activity. Everyone must complete meat label row. Then you select from these other choices/rows:

- Ham
- Ground pork
- Pork chops
- Tenderloin
- Consumer information
- Scavenger Hunt for other pork products

Student Name _____

Pork Info/Cuts	Record Your Info Here	Points Earned Points Possible
Sketch a pork <u>meat label</u> , include the 5 basics listed	Required Basics—type of meat, net weight, cost of the package, unit price, name of cut	Possible Points = 10 Points Earned = _____
<u>Ham</u> comes in many shapes and sizes. You may be able to purchase a bone-in ham.	Pick 3 to answer Locate a whole ham – what does it weigh? _____ How is a whole ham priced? _____ Locate a ham steak – what does it weigh? _____ What is total cost of ham steak? _____ Is there ham lunch meat? If so, how many slices in package? _____ What does package of sandwich meat cost? _____	Possible Points = 5 Points Earned = _____



<p>Look for <u>ground pork</u> next to the pork sausage and other pork cuts.</p>	<p>Pick 4 to answer Locate breakfast sausages – how many in package? _____ What is price of sausage package? _____ Can you find ground pork in a tube? _____ What does tube weigh? _____ What does tube cost? _____ Are there pork patties in store? _____ How many patties in a package? _____ What does package of patties cost? _____</p>	<p>Possible Points = 5 Points Earned = _____</p>
<p><u>Pork chops</u> come with a bone or boneless.</p>	<p>Include list with star(s) List three to five types of pork chops you find. Put a * next to chops with a bone.</p>	<p>Possible Points = 5 Points Earned = _____</p>
<p>You'll see <u>pork tenderloin</u> in the meat case and offered in a variety of options:</p> <ul style="list-style-type: none"> • A single-wrapped tenderloin • Pre-marinated single-wrapped tenderloin 	<p>Pick 3 to do Sketch the shape of a tenderloin. What does a tenderloin cost per pound? _____ Did you find any tenderloins that were seasoned? _____ What flavor was the seasoning? _____</p>	<p>Points Possible = 5 Points Earned = _____</p>
<p><u>Consumer Information</u> may be displayed around the Meat Department.</p>	<p>Pick 3 to do What recipes were available? Any helpful posters? What did you ask the staff at the meat case? Did meat labels include ways to prepare pork? _____ Did meat labels include suggestions for safe storage of pork? _____ Other helpful info included _____</p>	<p>Points Possible = 5 Points Earned = _____</p>



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<u>Scavenger Hunt</u> – Besides the Meat Department where else can you find pork in the grocery store? What products contain pork?	List 5 food items 1. 2. 3. 4. 5.	Points Possible – 10 Points Earned = _____
	Bonus Points = 2 per additional item 6. 7. 8.	

TOTAL POINTS EARNED = _____

What did you learn about a grocery store?

What was your favorite part of activity?

What part of activity was most challenging?

