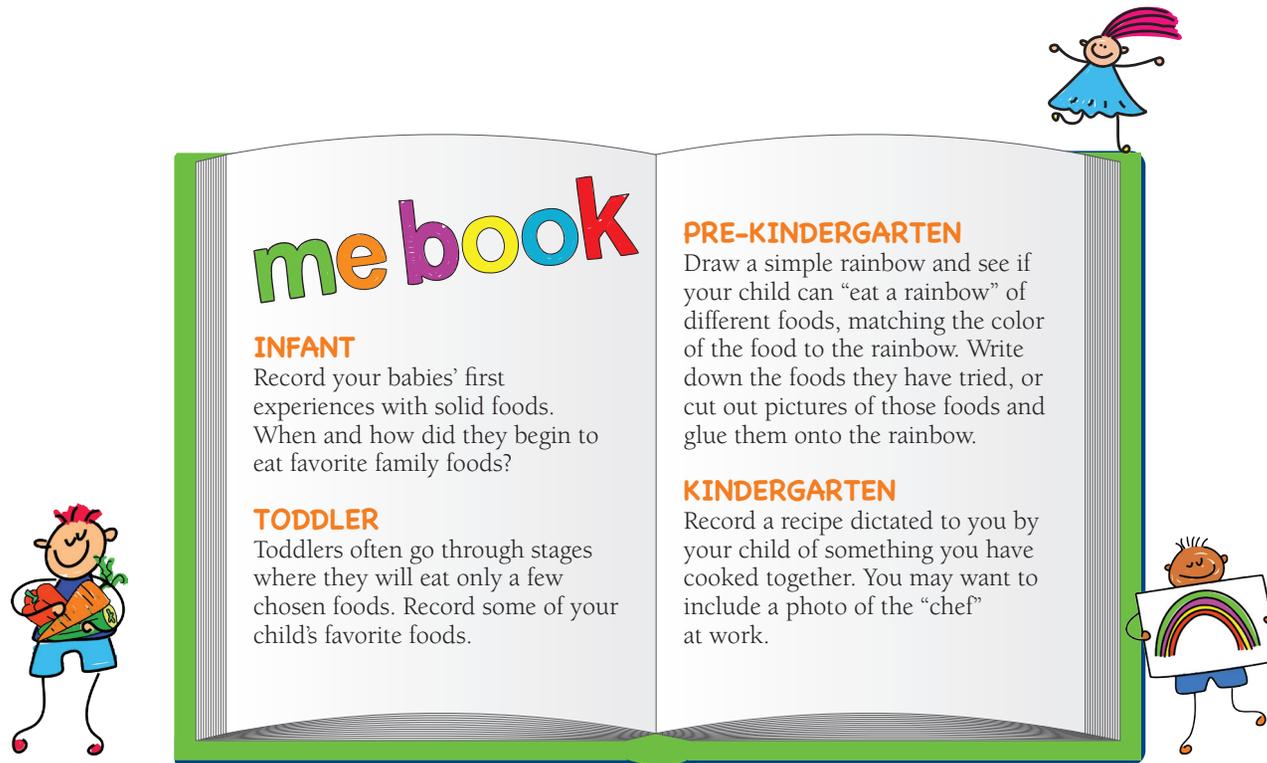




TRIP TO THE GROCERY STORE

A trip to the grocery store can be an opportunity for your child to gain real and valuable knowledge about math and nutrition. Guide your child's discovery of basic mathematic and social studies concepts as you help your child understand the world outside the family and home.



me book

INFANT

Record your babies' first experiences with solid foods. When and how did they begin to eat favorite family foods?

TODDLER

Toddlers often go through stages where they will eat only a few chosen foods. Record some of your child's favorite foods.

PRE-KINDERGARTEN

Draw a simple rainbow and see if your child can "eat a rainbow" of different foods, matching the color of the food to the rainbow. Write down the foods they have tried, or cut out pictures of those foods and glue them onto the rainbow.

KINDERGARTEN

Record a recipe dictated to you by your child of something you have cooked together. You may want to include a photo of the "chef" at work.

Activity 1: COLORFUL CHOICES

Key Learning Area: Mathematics Thinking and Expression

INFANT: Babies will enjoy seeing the bright colors of fruits and vegetables at the grocery store. Show your baby objects as you put them in your shopping cart. “Here’s a nice red apple!” or “See the green pepper?”

TODDLER: A trip to the store can provide an opportunity to explore objects not found in the home. Involve your toddler in decision making. Offer your toddler choices as you shop. “Should we get a red apple or a yellow pear?”

PRE-KINDERGARTEN: The grocery store is filled with things to count! Let your preschooler help count the number of potatoes needed for dinner, or the cans of soup that go into your shopping cart.

KINDERGARTEN: If you clip coupons, you may have several bright pictures of the products you will be searching for at the grocery store. Your Kindergartner can be your helper at the grocery store by matching the pictures and words on coupons to the objects on the shelves.



Activity 2: HEALTHY CHOICES

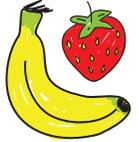
Key Learning Area: Health, Wellness and Physical Development

INFANT: The sights and sounds of a grocery store can be fascinating to your baby. He may alert you to sounds that catch his interest as you shop. For example, the squeaky wheels of the cart, the swish of meat or cheese being sliced, or the water spraying the vegetables.

TODDLER: Fruits, vegetables and the many nutritious foods displayed at the grocery store are a great opportunity for your child to expand her vocabulary with naming games. Name items as they go into the cart and encourage your child to repeat their names.

PRE-KINDERGARTEN: Good nutritional habits include eating foods that are a variety of colors and textures. Encourage your preschooler to eat a rainbow by challenging him to help find something red, or yellow, or green at the grocery store.

KINDERGARTEN: Talk to your kindergartner about healthy choices. Encourage her to form good nutritional habits by eating foods that are a variety of colors and textures. Let her pick a different color each time at the grocery store and shop for a new healthy food of that color to try when you get home.



Activity 3: SIGHTS & SOUNDS IN THE COMMUNITY

Key Learning Area: Social Studies Thinking

INFANT: Allow enough time for errands with baby to tune in to your babies reactions to new sights and sounds. Label the sounds of a car honking, bells ringing, birds singing in a reassuring manner for your baby to encourage her enjoyment of new experiences.

TODDLER: Allowing enough time for errands with a toddler sets the tone for enjoying new sights and sounds. Expand the labels that he gives those things that are familiar or interesting. If he points to a car and says, “Car,” you can expand that to “Yes, that blue car is going slowly.”

PRE-KINDERGARTEN: A trip to the grocery store is an opportunity to observe a variety of community workers, like bakers, cashiers, or butchers. Talk to your preschooler about the people who help get the food we eat get to our tables. Ask her which jobs she might enjoy.

KINDERGARTEN: Talk to your kindergartner about the process of buying food. “First we make a list, and then we find food in the store and choose our food. After that, we pay for our food and bring it home.”



Activity 4: FOOD FUN

Key Learning Area: Approaches to Learning through Play

INFANT: Play peek-a-boo in the grocery store by holding up cereal boxes or other items you have selected in front of your face before putting them into the grocery cart. Enjoy your baby’s delight as you reappear each time the item goes into the grocery cart

TODDLER: Shopping for and making simple recipes together with your toddler may encourage them to try new foods. Shop for fruits or vegetables together. Cut them in small pieces for him to try with dip that he can stir and spoon into small cups.

PRE-KINDERGARTEN: Find a simple food that you and your preschooler can make together. Involve her in shopping for it. Talk about where it comes from (grows on a trees, grows under the ground) and where it can be found in the grocery store.

KINDERGARTEN: Your kindergartner can help search for foods in a book, magazine, or the newspaper that they would like to try. Discuss the steps in preparing food (wash vegetables, cut fruit, etc.) and decide which steps can safely be done by him and which you or another adult will help with. Involve him in making a grocery list and finding the item at the grocery store.



MAY SUGGESTED BOOKS

Grocery Store (Field Trip!) by Angela Leeper

Signs at the Store (Welcome Books: Signs in My World) by Mary Hill

Grandpa’s Corner Store by Dyanne Disalvo-ryan

Barney and Baby Bop Go to the Grocery Store (Go to --- Series) by Donna D. Cooner & Dennis Full

What’s in Grandma’s Grocery Bag? by Hui-Mei Pan

A Visit to the Supermarket (Pebble Plus) by B. A. Hoena

Maisy Goes Shopping (Maisy) by Lucy Cousin

A Busy Day at Mr. Kang’s Grocery Store (Our Neighborhood (New York, N.Y.)) by Alice K. Flanagan & Christine Osinski

Our Corner Grocery Store by Joanne Schwartz & Laura Beingessner

Arthur’s Trip To The Grocery Store by Marc Brown

For more ideas visit www.papromiseforchildren.com