

Introduction

The lessons in this book are based on essential vocabulary that will enable students to become more confident and independent when shopping at a supermarket. They will learn to identify products in specific categories to determine in which section of the store the products can be found.

Skill pages emphasize word pronunciations, definitions, and use. Math questions provide practice in solving problems related to supermarket shopping and the products found there.

A pre/post test is included to determine students' knowledge of supermarket shopping before and after completing the lessons.

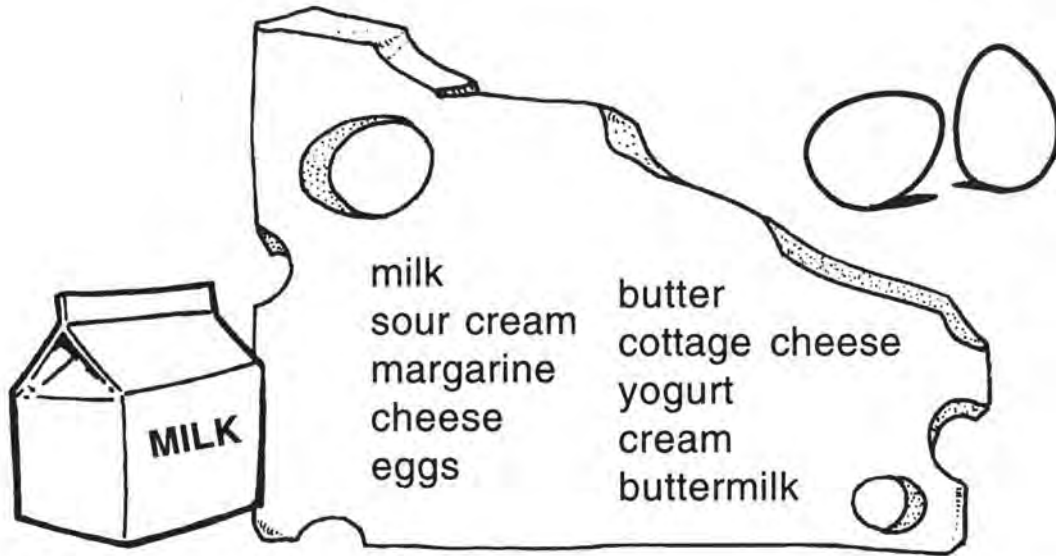
Reading: Grades 3-4

Interest: Grades 5-12

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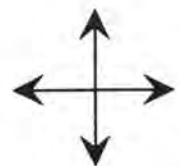
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Name _____



Divide the words into syllables.

Find the words in the word search.



Name _____

DAIRY PRODUCTS



Use the chart to answer the questions.

Dairy Product	Serving Size	Total Calories	Fat (grams)
butter	1 tbsp.	102	11
buttermilk	8 oz.	98	2
cheese	1 oz.	106	9
cottage cheese	1/2 cup	102	2
cream	1 tbsp.	51	6
egg	1	79	6
margarine	1 tbsp.	102	11
milk (skim)	8 oz.	86	0
milk (whole)	8 oz.	150	8
sour cream	1 tbsp.	26	3
yogurt	8 oz.	140	3

1. For breakfast, Mr. Foster had 2 eggs, 2 slices of toast with butter (1 tbsp.), and coffee with a tbsp. of cream. How many calories altogether from the dairy products? _____ How many grams of fat? _____
2. Mrs. Foster had cereal with 4 oz. of skim milk, a bran muffin with margarine (1 tbsp.), and black coffee. How many calories from the dairy products? _____ How many grams of fat? _____
3. Matt Foster had pancakes made with 4 oz. of buttermilk and 1 egg. He also had fresh fruit with a 1-oz. wedge of cheese, and a 12-oz. glass of whole milk. Total calories from dairy products is what? _____ Total grams of fat? _____
4. Meg Foster had half of a small cantaloupe filled with 1/2 cup of cottage cheese and an 8-oz. carton of blueberry yogurt. Her breakfast had how many calories from dairy products? _____ How many grams of fat? _____
5. Whose breakfast had the most calories? _____ Whose had the most fat? _____
6. How many fewer calories did Mrs. Foster have than Meg? _____ How much less fat did Meg have? _____