



UNIT 4 buying food

UNIT 4

Buying Foods

Objectives

Students will become more aware about where they can shop and the role of different food vendors in their area.

Students will explore their local area, supermarket and markets and make comparisons between price and quality.

Students will be made aware of Home brands and the place of labeled products. They will taste test and compare quality, price, content and nutritional value.

Students will discuss the food expenditure of other families and discuss budgeting.

Students will look at the cost of buying take away food and ways to make easy quick meals at home that are nutritious and cost less.

Students will locate eating outlets in the Footscray area, looking at menu costs, food available and accessibility.

Students will demonstrate numeric and map reading skills.





“Australians spend around one-third of their weekly household food budget on foods prepared outside the home.”
[http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/food to have sometimes?open](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/food%20to%20have%20sometimes?open)

Unit 4

Topic 1 Where do we buy food?

Ask students to do a survey of the class to find out information about where and how people shop for food. **WORKSHEET A** Write results of survey on the board and discuss. In the discussion also include questions about how often people shop for food, the transport they use to get to shops/markets and the way they bring their shopping home.

Use word cards Appendix page 138 to learn vocabulary and further explain word meanings. These cards could be handed out to the class. Each student uses their word to make up a sentence for the class. Cards could also be used to practice spelling and in suggested vocabulary activities Unit 1.

Walk around the local shopping area and locate various outlets. Look at the function of specific outlets such as the butcher, bakery, and delicatessen. Complete **WORKSHEET B** matching food merchant with foods sold. Play Suduko, Appendix page 139.

Locate local shopping area on the internet. Visit www.whereis.com and have students select their location then click on special features – shopping complexes. Print the map and have students read the information and answer question related to location, direction and grids. Students could work in pairs following instructions from each other to locate specific places. **WORKSHEET C** demonstrates how this activity could be presented. You may need to select a different area map for your students.

Topic 2 Comparing home brands & label foods, quality and price

Present students with food items in classroom so you can demonstrate what a home brand is and what a label item is. Answer questions such as where are home brand made? What is a label product? What is the purpose of advertising? Why do we have home brands? Read **Information sheet** age 122 and complete the **WORKSHEET D**

Taste testing. Collect a selection of food items that come as Home brands and Labeled brands. Bread, canned pineapple, cheese, chocolate or savory biscuits are possible choices. Use letters to indicate item (Make sure you remember what is on each plate).

Present the class with food samples e.g.

'A' = home brand pineapple 'B' = golden circle pineapple. Students write down their responses on **WORKSHEET E** as they try each item. Once all items have been tasted, ask students their results. Which one do you think was Home brand? Which one was the best, why? Which sample was sweeter etc...? Discuss findings.

Topic 3 The Supermarket

Get your council dietitian to do a shopping tour with you and your class.

Visit the supermarket and working in small groups locate items that are home brand and others that are labels. Using **WORKSHEET F** have students compare content, nutritious value and cost.

Contact the supermarket manager before your visit to make sure this is OK and work in small group to avoid congestion in the aisles.

Complete **WORKSHEET G** to recount the supermarket visit. Write a thank you letter to the supermarket manager or the dietitian.

The Shopping tips on **Information Sheet** page 127 give advice on how to shop wisely and save money. Read the sheet together and discuss vocabulary and meanings then complete **WORKSHEET H**

Reading a supermarket receipt can be a challenge. Have students look at receipts from goods they have bought. Discuss the listing of goods, price column and totals. GST additions and any discount%. Read the receipt identifying where it is from, date, time, service person and disclaimers.

Complete **WORKSHEETS I.**



Topic 4 Looking at what people pay for food – Working with a budget

Look at the food expenditure of the families presented in **Information Sheets pages 130—132.**

Discuss them in small groups and together complete the questions and calculations on **WORKSHEET J.**

Discuss with a partner the foods you buy.

WORKSHEET K presents students with a camping scenario. They are to organize food for one day. Students need to decide how many people are in their family group and what they will choose to eat.

You have just arrived at a camp site for a holiday.

You need to buy food for breakfast, lunch and dinner for the next day.

How many people are in the group camping together?

Check online shopping on the internet: go to Google type in -

Coles online shopping www.colesonline.com.au

List the prices and quantities.

How much will you have to spend – add up the prices and write the total

Role play scenarios when people have to buy food. **Information Cards page 135**

Create price cards, use calculators and receipt templates page 129 to set up a buying and selling situation.



Topic 5 **Put it into practice**

Select a budget that students need to work with and have them create a meal for the class to share. Templates, Appendix pages 149-152.

Decide on menu

Write shopping list and expected prices

Go shopping at the market or supermarket

Make the food

Share the food

Evaluate the food.

Was it good, Tasty, Fresh,, Cheap, Expensive?...

Have students share their opinion in a class discussion.



Unit 4 Buying food

WORKSHEET A

Introduce yourself to the people in the class
Ask them if you can ask them some questions.

Ask...	always	sometimes	seldom	never
Do you like shopping?				
Do you shop at the footscray market?				
Do you shop at Coles supermarket in footscray?				
Do you buy frozen food? What kind of food?				
Do you buy home brand products? What kind?				
Do you buy bottled water to drink at home?				
Do you read the nutrition information in the supermarket?				
Do you compare prices before you buy food?				

Unit 4 Buying food

WORKSHEET B

Draw a line to match the type of store with goods sold

Butcher

Sells fruit and vegetables



Grocer

Sells cheese, olives, dips, processed meats...



Green grocer

Sells and bakes breads, buns...



Delicatessen

Sells household goods & a variety of food

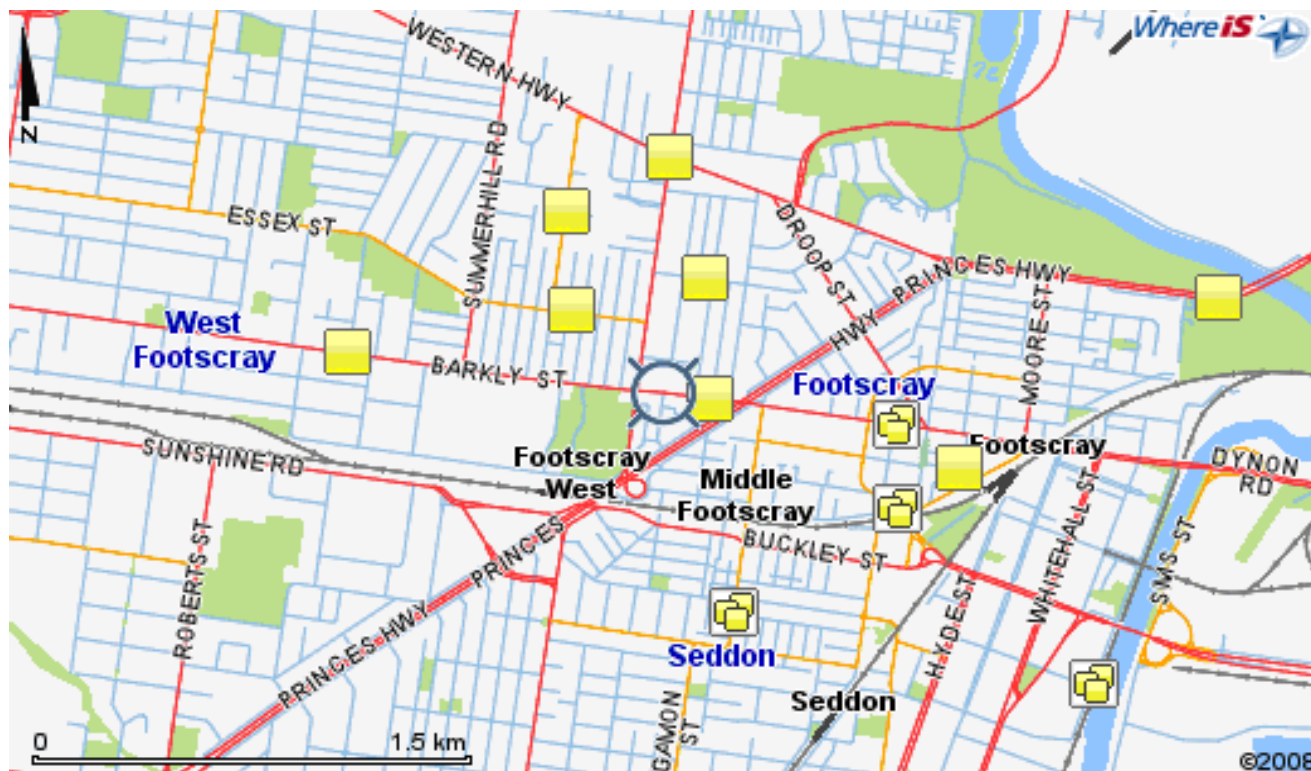
Baker

Sells and prepares meats



Unit 4 Buying food

INFORMATION SHEET FOR WORKSHEET C



1.	Vincent Vegetarian Food Mart, 350 Barkly St Footscray VIC 3011
2.	Bo N T, 20 Essex St Footscray VIC 3011
3.	Cakmak's Convenience Store, 32 Shepherd St Footscray VIC 3011
4.	Shahr Investments Pty Ltd, Cnr Buckley & Victoria Sts Footscray VIC 3011
5.	Tatsing Food Stores, 180 Barkly St Footscray VIC 3011
6.	Footscray Cheap Groceries, 128 Nicholson St Footscray VIC 3011
7.	Tin Dii Asian Grocery, 63 Nicholson St Footscray VIC 3011
8.	Chanh Hung Asian Groceries, 29 Paisley St Footscray VIC 3011
9.	Food -Wise Supermarket, 87 Charles St Footscray VIC 3011
10.	Wazan B & N, 166 Victoria St Footscray VIC 3011
11.	Quick Buy Convenience Store Kusamba, 203 Ballarat Rd Footscray VIC 3011
12.	Vinh Loi Fish Shop, 127 Irving St Footscray VIC 3011
13.	Bhorer Pakhie Traders, 79 Irving St Footscray VIC 3011
14.	Kawtholei, 58 Irving St Footscray VIC 3011
15.	Crave Convenience Stores, 1 Paisley St Footscray VIC 3011

Unit 4 Buying food

INFORMATION SHEET TO BE USED WITH WORKSHEET D

House brand products

What is a house brand product?

A brand or product line that is made by and exclusive to individual Supermarkets.

For example, Savings, Home Brand and Black & Gold.

Woolworths Home Brand mushrooms



What is a brand name product?

A brand or product line that is labeled with a brand, owned by a private company.

For example, Golden Circle & Birds Eye

A brand name product, Golden Circle Sliced Pineapple



Facts about house brand products...

- * They can save you money. House brand products are generally cheaper.
- * Even though these products are cheaper, they are very similar in quality, safety and nutrition to brand name products. All foods sold in Australia need to meet certain guidelines and standards.
- * They are often made in the same factories as brand name products, with slightly different ingredients and recipes.
- * Many food suppliers, including Coles, Safeway, Woolworths and IGA, offer a guarantee on their products. This means, if you are not happy with the house brand product, you can return your product to the store where you brought it with the receipt, and get your money back.



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WORKSHEET D

Read the information and complete the questions

1. What is this information about?
2. Who makes a 'house/home brand product'?
3. List two names of brand name products?
4. A brand name product is
 - a. owned by the supermarket
 - b. owned by a private company
 - c. owned by the school
5. Why are house brand products good? (Tick the boxes)
 - They are cheaper
 - They are colourful
 - They are easy to find
 - They are very similar in quality, safety and nutrition to brand products
 - They are often made in the same factories as brand name products
 - They look good
 - Their quality is often guaranteed

Unit 4 Buying food

WORKSHEET E

Taste Testing

Taste the food samples and use the following words to describe them:

sweet, sour, spicy, hot, bland, dry, hard, crisp, salty, bitter, fresh, moist, small, thin, thick, crumbly, soft, stale, strong, full of flavor, tasteless

Food sample	Description of taste and product	Do you think it is a Home brand or Label product
A		
B		
C		
D		
E		
F		
G		
H		
I		

Unit 4 **Buying food**

WORKSHEET F

AT THE SUPERMARKET

aisle, shelf, row, top, bottom, middle, price sign, labels, signs, cashier, register, trolley, fresh food, canned food, packaged, boxed food, freezer, deli, fruit & veg, cereals, bakery, meat, poultry, dairy, confectionary

Questions to ask:

Excuse me, can you tell me where the _____ is?

Excuse me, where are the _____?

Do you deliver to _____?

Is there a delivery cost?

May I have a catalogue, please?

Remember to say thank you when you receive an answer.

1. Before you go into the supermarket stand outside and look at any advertising or signs you see. What are they?
2. Inside the supermarket make a list of where things are.

What is in Aisle 1

Aisle 3

Aisle 5

The last aisle

What is at the back of the store?

3. Find a sample of pasta that is Home brand and another that is a Labeled product, compare. List price, contents, nutritional information.
4. Find two more food items to compare write down your results.
5. Where are the frozen goods? How are they stored?
6. Where are the nuts? How are they stored?

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WORKSHEET G

RECOUNT THE SUPERMARKET VISIT

What did you like most about the shopping tour with the class?

When you read food labels what do you look for?

What is the best way to buy fresh fruit and vegetables?

What food should you keep in the refrigerator?

What do we keep in the freezer

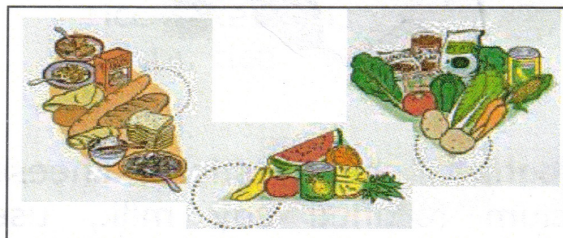
Unit 4 Buying food

Information sheet for Worksheet H

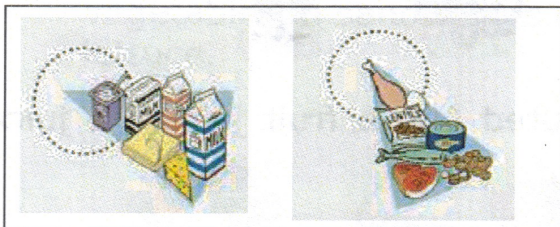
Shopping tips – save money

You can get value for money even when you are shopping on a budget. Some tips for buying healthy foods on a budget:

- ✓ Spend most of your food money on these foods—bread, rice, noodles, vegetables, fruit and legumes (dried beans, chickpeas, lentils)



- ✓ Spend some of your money on these foods—meat, fish, chicken, eggs, milk, yoghurt and cheese



- ✓ Spend little of your money on foods like these—soft drinks, cordials, sweet biscuits and cakes



- ✓ Plan the weekly menu before you shop and make a shopping list.
- ✓ Shopping once a week saves time and money.
- ✓ Look for specials advertised in the local newspaper.
- ✓ In the supermarket, stick to aisles where the products on your list are. Avoid temptation or opportunities for children to request food you don't want them to eat.
- ✓ Where possible buy food in bulk. Think about joining together with friends and sharing the cost.
- ✓ Check food packages for the "use by" date. Buy products with the longest amount of time left before this date
- ✓ Compare prices on shelves. More expensive products are kept at eye level.
- ✓ Choose generic brands. They are cheaper and most are similar in quality to brand name products.
- ✓ Often it 's cheaper to buy fruit and vegetables from the farmers markets instead of supermarkets.
- ✓ Fruit and vegetables in season are usually cheaper.
- ✓ Compare the prices of fresh, frozen and canned foods. Dried or tinned peas, beans and lentils are not expensive.

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Worksheet H

Read the information on Shopping Tips

Complete these sentences

1. Plan the weekly menu _____ you _____ and make a _____ _____.
2. _____ once a _____ saves time and _____.
3. Look for _____ advertised.
4. Avoid _____.
5. Where possible _____ food in _____.
6. Check food packages for the _____ _ _____. Buy products with the longest amount of time left before this date.
7. _____ prices on shelves.
8. Choose _____ brands. They are cheaper and most are similar in quality to brand name products.
9. Fruit and _____ in _____ are usually cheaper.
10. Compare the _____ of fresh, frozen and canned food. _____ or _____ peas, beans and lentils are not _____.
11. What should we spend most money on?
12. What should we spend some money on?
13. What should we spend little money on?

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Worksheet I

Reading a Supermarket receipt

1. Where is the docket/receipt from?
2. Who uses this receipt?
Why do you need a receipt?
3. Where is this Coles store? Write the address
4. What is the phone number for the store?
5. What is the date on the receipt?
6. Where on the receipt do I find the total amount?
How much is it?
7. Is the total amount in **bold** print?
Bold means a. darker
b. capital
c. colourful
8. What does total mean? a. everything together
b. everything separated
c. everything organized
9. Why should you keep this receipt? Read the bottom of the receipt to answer.
10. How much was the Coles brand bread?
11. How much was the Taylor's (label) brand bread?
12. What is the difference in price between the two breads?
13. How much was the Savings brand pineapple?
14. What is the price of the Golden Circle pineapple?
15. What is the GST charge?
16. What amount was the GST included in total?



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INFORMATION SHEET FOR WORKSHEET J

POLAND:

The Sobczynscy family of Konstancin-Jeziorna
Food expenditure for one week: 582.48 Zlotys or
\$267.34 Australian Dollars



EGYPT:

The Ahmed family of Cairo
Food expenditure for one week: 387.85 Egyptian
Pounds or **\$78.46 Australian Dollars**



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INFORMATION SHEET FOR WORKSHEET J

GERMANY:

The Melander family of Bargteheide

Food expenditure for one week: 375.39 Euros or
\$624.09 Australian Dollars



ITALY :

The Manzo family of Sicily

Food expenditure for one week: 214.36 Euros or
\$356.40 Australian Dollars



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INFORMATION SHEET FOR WORKSHEET J

CHAD:

The Aboubakar family of Breidjing Camp

Food expenditure for one week: 685 CFA Francs or
\$1.39 Australian Dollars



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WORKSHEET J

Look at the images of families and their food expenditure. Answer the questions.

Family name	Number of people in family	Country	Amount spent on food per week in Australian dollars

1. Which family spends the most money? Why do you think they spend the most?
2. Which family spends the least? Why do you think they spend the least?

USING A CALCULATOR

3. How much more do the Melander family spend than the Manzo family?

$$\begin{array}{r} \text{Melander} \quad \$624.09 \\ - \\ \text{Manzo} \quad \quad \$356.40 \\ \hline = \dots\dots\dots \end{array}$$

4. Calculate the difference between the Sobczynscy families spending and the Manzo family.
5. If the Aboubakar family had \$2.00 to spend, how much change would they get?

6. Add the expenditure of all the families.

$$\begin{array}{r} \text{Aboubakar} \quad \quad \$1.39 \\ \text{Sobczynscy} \quad \quad \$267.34 \\ \quad \quad \text{Ahmed} \quad \quad \quad \$78.46 \\ \quad \quad \text{Manzo} \quad \quad \quad \$356.40 \\ \quad \quad \text{Melander} \quad \quad \quad \$624.09 \\ \hline = \dots\dots\dots \end{array}$$

7. Which family do you think your family is most like. Why?

Unit 4 Buying food

WORKSHEET K

You have just arrived at a camp site for a holiday. You need to buy food for breakfast, lunch and dinner for the next day.

How many people are in the group camping together?

Check online shopping on the internet go to Google type in

coles online shopping www.colesonline.com.au

List the prices and quantities. How much will you have to spend – add up the prices and write the total



Unit 4

SCENARIOS for discussion and/or role play

It's your son's first birthday; his grandparents are coming for a meal. You must make a shopping list and get the food organized. What will you make? You go to the supermarket and they haven't got everything you need. What will you do?

In a grocery store you buy 4 types of fruit and 2 types of vegetables. Take them to the register and have the cashier sell them to you. What does she do? How do you pay? How do you carry the groceries?

Set up a market situation. Have 5 different types of stalls. Select people to be the salespeople and others to be the buyers. It is Saturday morning at 12pm.

APPENDIX

WORD LISTS

GAMES & VOCABULARY ACTIVITIES

RECIPES & COMPREHENSION TASKS

RESOURCES

Unit 4

VOCABULARY LIST

Budget	Buy	Bought	Spend	Buying
Shopping	Butcher	Baker	Greengrocer	Shops
Supermarket	Market	Price	Sale	Pay
Receipt	Money	Select	check	Choose
Cheaper	Expensive	Fresh	Total	Cost

Unit 4

Words for sentence work and vocabulary games

Shopping

Supermarket

Budget

List

Groceries

Register

Choose

Market

Select

Vegetables

Fruit

Meat

Dairy

Sudoku

BUTCHERS	BAKERY	GREEN GROCERY	DELI
		BAKERY	BUTCHERS
	GREEN GROCERY		
DELI			

Unit 4

BUYING FOOD

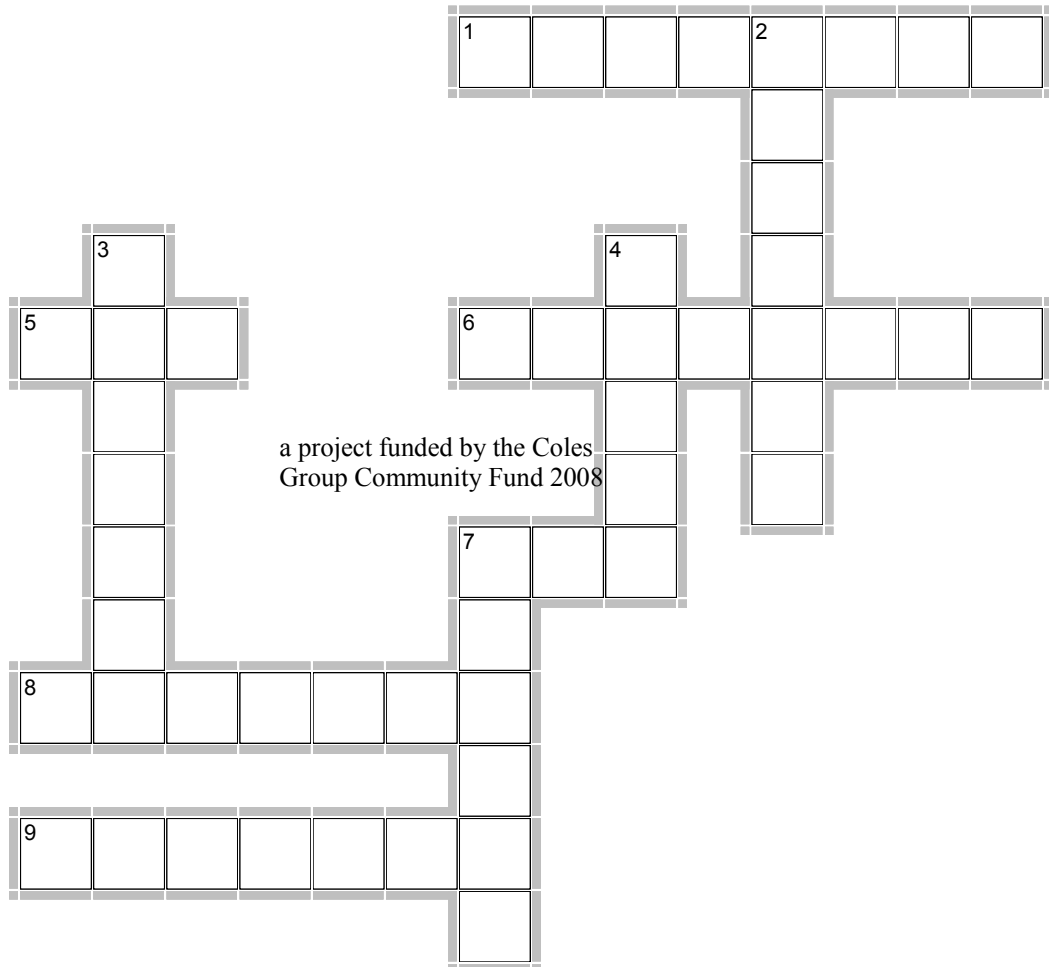


Words to find:

amount, assistant, bag, baker, bought, budget, butcher, buy, cash, cashier, change, cheque, choose, credit, delivery, docket, greengrocer, groceries, money, package, paid, pay, paying, register, sales, savings, select, shopkeeper, total, weight,

Unit 4

BUYING FOOD CROSSWORD PUZZLE



Across

1. **SELECTED**—I _____ the milk and checked the use by date.
5. **PAY**—I will _____ with my credit card
6. **SHOPPING**—I do the food _____ every week.
7. **BUY**—I want to _____ the groceries
8. **WRAPPED**—The butcher _____ the meat in paper.
9. **COMPARE**—You should _____ prices and quality to get the best product.

Down

2. **CHEAPER**—Sometimes home brands are _____ than other products.
3. **CASHIER**—the _____ took the money at the register
4. **MONEY**—Buying from the market can save you _____.
7. **BUDGET**—I make a shopping list so I don't spend more than my _____.

Unit 4

BUYING FOOD Recipes & comprehension exercises

Warm Pesto & Pasta Salad

Ingredients

500g pasta
200g basil pesto
4 tablespoons olive oil
150g jar capers
2 cloves garlic
1 red onion
250g pumpkin
3 tomatoes
300g asparagus
2 tablespoons balsamic vinegar
200g rocket
Parmesan

Method

1. Cook pasta in boiling water 8-12 minutes according to packet
2. Drain cooked pasta. Transfer to large serving bowl
3. Add pesto and toss to coat the pasta
4. Chop garlic finely. Slice pumpkin and red onion thinly. Roughly chop tomatoes, rocket and asparagus.
5. Heat 2 tablespoons oil in large frying pan
6. Drain capers. Fry 4-5 minutes until crisp, then drain on paper towels
7. Heat remaining oil
8. Fry garlic, red onion and pumpkin until soft.
9. Add tomato and asparagus and fry 1-2 minutes then turn off heat
10. Stir in balsamic vinegar and rocket
11. Add tomato mixture to pasta and stir well
12. Sprinkle with capers and parmesan



Unit 4

Warm Pesto & Pasta Salad

Ingredients

500g _____

200g basil pesto

4 Tablespoons olive oil

150g _____ capers

2 cloves garlic

1 red _____

250g pumpkin

_____ tomatoes

300g asparagus

2 Tablespoons balsamic _____

200g rocket

Method

Cook pasta in _____ water 8-12 minutes according to packet

Drain cooked pasta. Transfer to _____ serving bowl _____ pesto and toss to coat the pasta

Chop garlic finely. _____ pumpkin and red onion thinly. Roughly _____ tomatoes, rocket and asparagus

Heat 2 Tablespoons oil in large _____ pan

_____ jar of capers. Fry 4-5 minutes until crisp, then drain on paper towels _____ remaining oil

Fry garlic, red onion and pumpkin until _____

Add tomato and asparagus and fry 1-2 minutes then turn off heat

_____ balsamic vinegar and rocket

Add tomato _____ to pasta and stir well

_____ with capers and parmesan

Warm Pesto Pasta Salad

Read the recipe and answer the questions

1. What is the recipe for?
2. who would use the recipe?
3. List the ingredient you need to buy

SHOPPING LIST

4. What do you do first:
 - a. Drain the capers
 - b. chop garlic finely
5. What kind of vinegar do you use?
6. What things/actions do you do while you are cooking? Verbs: Chop, drain...
7. how long will it take to make this recipe?
 - a. between 15 and 30 minutes
 - b. 1 hour
 - c. about 45 minutes

Chickpea and Mushroom Pasta

Ingredients

500g Pasta

200g mushrooms

1 large zucchini

300g can chickpeas

425g can crushed tomatoes

½ cup spring onions

2 Tablespoons grated parmesan cheese

½ cup fresh parsley

Method

Bring pot of water to the boil. Add pasta and boil for 8-10 minutes then drain

Slice mushrooms and zucchini

Heat some oil in a small pan and fry mushrooms and zucchini for 5 minutes until soft

Drain chickpeas, then add to pan

Add tomatoes to pan, stir, and simmer for 15 minutes

Chop spring onions and add to pan with parmesan cheese

Chop parsley and add to pan. Remove from heat

Stir drained pasta through sauce and serve with extra parmesan and parsley

Serves 4



CHICKPEA & MUSHROOM PASTA

Arrange these instructions in the correct order

Heat some oil in a small pan and fry mushrooms and zucchini for 5 minutes until soft
Chop parsley and add to pan. Remove from heat
Add tomatoes to pan, stir, and simmer for 15 minutes
Stir drained pasta through sauce and serve with extra parmesan and parsley
Bring pot of water to the boil. Add pasta and boil for 8-10 minutes then drain
Chop spring onions and add to pan with parmesan cheese
Drain chickpeas, then add to pan
Slice mushrooms and zucchini

List the ingredients in order of largest to smallest amounts.

Honey Joys

Ingredients

90g butter or margarine
1/3 cup sugar
1 tablespoon honey
4 cups Corn Flakes

Method

1. Preheat oven to 150°C.
2. Line 24 hole patty pan with paper cases.
3. Melt butter, sugar and honey together in a saucepan until frothy.
4. Add cornflakes and mix well
5. Working quickly spoon into paper patty cases.
6. Bake in a slow oven 150°C for 10 minutes.
7. Cool.



Read the recipe and answer the questions

1. What is the recipe for?
2. Who would use the recipe?
3. What type of occasion would you make this recipe for?
4. How many Honey joys does the recipe make?
5. List the ingredients with their measurements

_____butter

_____sugar

_____honey

_____corn flakes

6. Fill in the spaces with the missing words.

Preheat _____ to 150°C

Add _____ flakes and _____ well

_____ in a slow oven _____ for 10 minutes.

7. How long do you cook the Honey Joys for?
8. What temperature do you cook at?
9. Rearrange the sentences so that they are in the correct order for cooking Honey Joys. Put a number next to them 1-4

- Cool
- Working quickly with a spoon into paper patty cases
- Line 24 hole patty pan with paper cases
- Melt butter, sugar and honey together in a saucepan

10. What does frothy mean?
 - a. hard
 - b. soft and bubbly
 - c. sticky and cold

11. Write these words in your own sentence:
Quickly Melt Bake

Class Menu

Snacks/entrée

Main

Sweets/desserts

Shopping list

-

-

-

-

-

-

-

-

-

-

Writing your favorite recipe

What is the name of your favorite food?

Write/list The Ingredients

How do you make it? Method

Cooking time

Describe the food: What is it nice with, when do you eat it, when did you first eat it? Where did the recipe come from?

Writing a recipe

What is the recipe for

List the ingredients

Write the method

Step 1

Step 2

Step 3

Step 4

Step 5

Step 6

Step 7



Resources

'What families spend on food around the world' Adobe

Western Region Health Centre
www.WRHC.com.au

'Food For All ' package, Maribyrnong City Council

Coles Supermarket
www.colesonline.com.au

Directory Assistance
www.whereis.com