

**EXERCISE 1**

*DIRECTIONS: Circle the word or phrase the teacher says.*

- |     |                        |                    |                |
|-----|------------------------|--------------------|----------------|
| 1.  | groceries              | generic brands     | name brands    |
| 2.  | nutrition              | nutrient           | nutritious     |
| 3.  | budget                 | brands             | breakfast      |
| 4.  | leftovers              | labels             | lunch          |
| 5.  | snacks                 | sale               | salty          |
| 6.  | convenience            | coupons            | candy          |
| 7.  | shelf life             | stew meat          | supermarket    |
| 8.  | cereal                 | seasoning          | seeds          |
| 9.  | price book             | unit price         | peels          |
| 10. | food pantry            | MyPyramid          | packaged foods |
| 11. | spoil                  | portions           | vegetables     |
| 12. | healthful              | healthy            | health         |
| 13. | meals                  | meats              | no name        |
| 14. | fruits                 | fresh              | freezing       |
| 15. | seeds                  | peels              | sale           |
| 16. | beans                  | bones              | brands         |
| 17. | canned                 | candy              | potato chips   |
| 18. | carbonated soft drinks | bread thrift store | grocery store  |
| 19. | peanut butter          | pasta sauce        | seasonings     |
| 20. | rice                   | grains             | cereals        |

**TEACHER DIRECTIONS for EXERCISE 1:**

Say the following aloud. Say, "Circle only the word you hear. I will repeat the word two times." Choose and say a word from each row. This exercise may be repeated using different words each time.

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.

**EXERCISE 2**

*DIRECTIONS: Listen to the sentences as the teacher dictates them. Unscramble the words to make each sentence correct. Don't forget to begin a sentence with a capital letter and end the sentence with a period. Allow ample time to rewrite.*

1. saves money planning at the supermarket

---

2. making helps you remember a shopping list what to buy

---

3. don't hurry when you're hungry or in a shop

---

4. know much to buy what when and how

---

5. where you shop helps keep track of items a price book the price of

---

6. compare the as well as the unit cost per serving price

---

7. saves money coupons using

---

8. the best place to buy the grocery store is not some items

---

9. and no-name buy generic brands

---

10. high when and low for shopping look good buys

---

**EXERCISE 3**

*DIRECTIONS: Listen to the sentences. The teacher will say each sentence three times. When the teacher says the sentence the first time, do not write, just listen. When the teacher says it the second time, try to write as much of it as you can. By the time the teacher says it a third time, you should have written the complete sentence.*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

**TEACHER DIRECTIONS for EXERCISES 2 and 3:**

The following sentences should be read aloud by the teacher for exercises 2 and 3. Lower level learners can use the unscrambled form. More advanced students can take dictation. Read each sentence 3 times.

**KEY**

1. Planning saves money at the supermarket.
2. Making a shopping list helps you remember what to buy.
3. Don't shop when you're hungry or in a hurry.
4. Know what, when, and how much to buy.
5. A price book helps keep track of the price of items where you shop.
6. Compare the cost per serving as well as the unit price.
7. Using coupons saves money.
8. The grocery store is not the best place to buy some items.
9. Buy generic and no-name brands.
10. When shopping, look high and low for good buys.

This activity was developed through a USDA Team Nutrition Training Grant for the Louisiana State Department of Education Division of Nutrition Assistance by Rhonda H. Atkinson.