

Adult Education Lesson

Title: Shop Smarter	Topic: Organizing Grocery Lists
Level: (ABE, ASE, ESL, multi-) Multi-	Timeframe: 1 hour
College and Career Readiness Standard(s): Language, Anchor # 5: Demonstrate understanding of figurative language, word relationships, and nuances in word meanings. Level A: With guidance and support, demonstrate understanding of word relationships and nuances in word meanings. a. Sort words into categories (e.g., colors, clothing) to gain a sense of the concepts the categories represent. b. Define words by category and by one or more key attributes (e.g., a <i>duck</i> is a bird that swims; a <i>tiger</i> is a large cat with stripes). c. Identify real-life connections between words and their use (e.g., note places at home that are <i>cozy</i>). ELPS Anchor and Level Correspondences: (<i>Optional</i>) Standard 8: Determine the meaning of words and phrases in oral presentations and literary and informational text. Level 1: An ELL can, relying heavily on context, questioning, and knowledge of morphology in their native language(s), <ul style="list-style-type: none">Recognize the meaning of a few frequently occurring words, simple phrases, and formulaic expressions in spoken and written texts about familiar topics, experiences, or events. Level 2: An ELL can using context, questioning, and knowledge of morphology in their native language(s), <ul style="list-style-type: none">Determine the meaning of frequently occurring words, phrases, and expressions in spoken and written texts about familiar topics, experiences, or events.	
Adult Education Lesson Objectives: At the end of this lesson, adults will be able to: <ul style="list-style-type: none">create a shopping list that is sorted into categories by food attributes to allow for efficiency; andidentify money-saving strategies to assist grocery shopping.	
Materials: <ul style="list-style-type: none">Sorting Food imagesPaper bag<i>Put It on the List</i> by Kristen DarbyshireGrocery List handout for each participantWordless Grocery List handouts (optional)Grocery Store Booklist	

Lesson Vocabulary:

- Nuance
- Groceries
- Refrigeration
- Aroma

Adult Education Activity

Activity	Notes to the teacher	Grouping	Time
<p>Welcome/Icebreaker: Introduce a grocery memory challenge. Begin by displaying pictures of ten common grocery items (Sorting Food images or clippings) and providing a brief explanation of each item. Next, place the pictures into a paper bag and challenge the students to remember all ten items that were put in the bag. Foster a sense of teamwork by encouraging students to work together to call out the ten items.</p>	<p>Depending upon the class, the number or type of items can be adjusted. Sorting food images have been provided, however other images or real foods may be used for the icebreaker activity.</p>	<p>whole group</p>	<p>10 minutes</p>
<p>Review Objectives: It can be difficult to remember grocery items, not only in this game, but also in the grocery store! Creating lists that sort foods by attributes or in categories can help to recall what is needed, reduce stress, and even save money. Our objective is to create a shopping list and identify money-saving strategies that can make grocery shopping experiences more successful.</p>	<ul style="list-style-type: none"> • Create a shopping list that is sorted into categories by food attributes to allow for efficiency; and • Identify money-saving strategies to assist in grocery shopping. 	<p>whole group</p>	<p>5 minutes</p>
<p>Opening Activity: <i>Put It on the List</i> by Kristen Darbyshire is a delightful tale that reminds families of the value of a grocery list. If participants are not familiar with the book, read it aloud.</p> <p>Many of us have lists written on scratch paper, the backs of envelopes, or even on phone note applications.</p>	<p>The Grocery Store Booklist contains alternative titles about grocery shopping.</p>	<p>whole group</p>	<p>10 minutes</p>

<p>Discuss with participants how they prepare to go to the grocery store.</p> <p>Grocery shopping is a task that everyone must do, but there are ways to make it more efficient and cost-effective. Many of us shop at the same stores repeatedly. Take a moment to think about the place where you shop most frequently.</p> <p>Envision yourself walking into the store. What do you see as you enter the store? Many grocery stores offer fresh produce and colorful flowers at the entrance. Deli, meat, and dairy items often line the walls of the store. Bakery items also tend to be against a wall. Mentally wander the aisles and shelves of the store. Where would a person find pasta? Toilet paper? Peanut butter? A can of beans? When at the check-out, what items are by the register?</p>	<p>Utilize wait time so that participants may envision the space. If participants shop at similar stores, it may be beneficial to collectively discuss the layout of the space.</p>		
<p>Central Ideas and Practice: By using your knowledge of the store, you can not only take less time shopping, but also make that shopping more affordable.</p> <p>Grocery stores tend to be organized in similar ways. They are designed to promote shopping in all areas of the store and to encourage sales. The items closest to the door are colorful and inviting: flowers, fruits, and vegetables. Meat and deli items tend to be at the back of the store, encouraging patrons to walk past other products.</p> <p>The aisles are arranged by types of food: baking goods, beverages, breakfast cereals, canned goods, paper products, pasta and grains, frozen foods, and personal items. The endcaps of these aisles often highlight</p>	<p>Grocery store shelves are arranged with shopper eye-levels in mind. Items like cereals that are marketed to children are placed at child eye-level. More nutritious or economical foods are often above or below eye-level. Shopper convenience also helps to sell these products; there is no need to bend down or reach for the items at eye-level.</p> <p>Checkout lanes are filled with candy and beverages that can be grabbed and purchased quickly. The lanes themselves are often narrow, limiting movement so there is less of a desire to put back an item.</p> <p>Displays pairing items together encourage additional purchases: e.g., pasta aisles with sauces and</p>	<p>whole group</p>	<p>10 minutes</p>

<p>products that are "on special," are seasonal, or are snack items. Placed throughout the store, these can tempt shoppers to quickly grab a treat. Bakery and dairy products tend to be on different sides, again benefiting from refrigeration and ovens while encouraging shoppers to tour more of the store. Freshly baked goods also offer enticing aromas, so they are also placed near the front of the store.</p> <p>Think back to the mental tour of your own grocery store. While there may be slight differences, encourage participants to share observations of their local stores.</p> <p>Creating a shopping list that reflects the organization of the grocery store can help to reduce the time needed to gather groceries. In addition, knowing the marketing strategies behind where items are in a store can help to reduce impulse purchases.</p>	<p>cheeses, berries with whipped cream and shortcake. These encourage shoppers who may have intended to purchase one item to purchase three instead.</p> <p>Avoid shopping while hungry, before lunch or dinner. Not only will impulse purchases be harder to refuse, but fresh items (produce, meats, baked goods) are restocked overnight. The best time to shop is either just as the store opens or just before it closes.</p>		
<p>Guided Practice: Distribute copies of the Grocery List handout. The list is sorted into the typical sections/departments of a grocery store: e.g., produce, meat/seafood, deli, frozen foods, and bakery. One of the templates offers space to handwrite items on a list, whereas the second list provides commonly purchased items in the form of a checklist. Invite participants to review the grocery list. Is the list organized in a way that they can envision using in their own lives? How might the list be improved or altered to their needs and grocery store layout?</p> <p>Organizing a grocery list, gathering coupons, planning recipes, and checking flyers can be time consuming. By completing it over the course of a week, the task becomes more manageable.</p>		<p>whole group</p>	<p>10 minutes</p>

<p>Independent Practice/Formative Assessment: Keep a running shopping list posted on the refrigerator or in an accessible spot in the kitchen. As items run out and need to be purchased, add them to the list in the appropriate category (e.g., produce, bakery, frozen food). If there is a coupon for the item, place a star or mark next to it. Keep coupons that will be used in a nearby envelope, folder, or paperclip them to the list. Before going to the grocery store, look through the refrigerator and cupboards to see if commonly eaten items like milk, cereal, or bread are running low and will need to be replaced in the upcoming week.</p> <p>Plan out meals that will be made for the week. Check if you need to buy ingredients for meals and add them to the list under the appropriate section.</p> <p>Participants will practice these strategies individually between classes.</p>		whole group	5 minutes
<p>Review Objectives: These grocery shopping tips help to not only work through the store in less time, but also to save money. The layout of the store can be used to organize a grocery list. Keeping a running list, checking cupboards, and planning meals help to simplify shopping. When in the store, knowing the marketing strategies can prevent shoppers from impulse buys and over-spending.</p>	<ul style="list-style-type: none"> • Create a shopping list that is sorted into categories by food attributes to allow for efficiency; and • Identify money-saving strategies to assist in grocery shopping. 	whole group	5 minutes

<p>Wrap-Up/Closure: Throughout the week, see what type of grocery list works best for your family. When shopping, take note of the marketing strategies. Do they influence your shopping?</p> <p>These same skills can be used when running multiple errands: create a list of needed tasks, organize tasks by location/distance, and arrange the order of errands in an efficient manner.</p>		whole group	5 minutes
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