



LET'S START TALKING

Grocery shopping conversations
with your family

Did you know...

The number of positive, quality words that children hear can really increase their future success?

Grocery shopping can provide great chances for families to talk together.

There are some ideas to get you started on the back of this sheet. While you are shopping today, see how easy fun and learning together can be!

Happy shopping!



Fruits



- What do you get when you combine an apple and a banana? An apple-ana or a ban-apple? How many crazy words can you create?
- Choose 2 different berries. How are they similar and how are they different? Think weight, shape, size, colour, taste.

Vegetables



- Vegetables can grow up, down underground or on vines. Look at different vegetables and guess how each one grows.
- I spy with my little eye 3 vegetables used in soup. Ask your child to think of 3 and guess which ones they chose.
- What is your favourite colour to eat?

Fun & Games



- Have early readers look for a particular word or letter: "Can you find the word 'SALE'?" "Carrot?" "How many times?"
- Did you know that carrots were originally purple in colour, changing in the 17th century to orange with newer varieties?
- Apples are made of 25% air. That is why they float!

Lunch Box Tips



- If it looks fun, they're more likely to eat it. Use mini cookie cutters to cut fruit and vegetables into fun shapes.
- Pre-packaged foods are often high in fat, salt and sugar and cost more. Try to use more fruit and veggies that you prep and pack yourself.

How much water?



cucumber
96%



orange
87%

Hungry for more?

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Fruits



- If you could try any new fruit, which one would you try and why? How do you think it would taste?
- *An apple a day keeps the doctor away.* Look for the word "apple" as you do your shopping.
- I spy with my little eye 3 fruits that are yummy in pie. Which one is your favourite?

Vegetables



- Potatoes can be cooked many ways. How many different ways can you think of to eat them? Which is your favourite?
- Which vegetables could you put on a pizza? Be creative - there's no wrong answer!
- Find 3 green veggies. How are they different? How are they the same?

Fun & Games



- Did you know bananas are the fruit most often eaten at breakfast?
- How many different countries can you see on signs or stickers in the fruit and vegetable area where you shop?
- Which fruit do you think is the heaviest? Orange? Pear? Mango? Use a scale to find out!

Lunch Box Tips



- Make lunch box prep a family activity - from planning and shopping to food preparation and packing.
- Sprinkle apple slices with cinnamon. It helps to prevent the slices turning brown and disguises any that do get a little brown.

How much water?



pineapple
95%



tomato
94%

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Fruits



- Lemons are yellow, but how many ways can you describe a lemon without using the word "yellow"?
- Fruits are so appealing; in fact we must peel some before eating them. Which fruits have skin that's just as yummy as their inside?
- What is your favourite colour to eat?

Vegetables



- Talk to your child. When they are face-to-face with you in the grocery cart, it is a great time to interact.
- Find 2 purple vegetables. How are they the same? How are they different?
- Discuss colours and shapes. For example, compare tomatoes (round) with zucchini (long).

Fun & Games



- What are two things you cannot have for breakfast? *Answer: Lunch and dinner.*
- **Grocery Store Math.** Ask your child to compare the length or weight of different items. "Is celery or cucumber longer? Which is heavier - a bag of onions or a bag of potatoes?"

Lunch Box Tips



- Make time on weekends to prep fresh fruit and veggies ahead of time together. Store them in containers or bags in the fridge so grabbing 2 servings for each day is easy.
- Cut and paste grocery store flyers to create a shopping list for lunches!

How much water?



spinach
92%



watermelon
96%

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