

# *Fairfield Refugee Nutrition Project*

## Supermarket Tour

## LESSON PLAN SUPERMARKET TOUR

### Background

Community consultation has also highlighted the importance of being able to locate and visually identify food items in the supermarket, and to be able to decipher between brands and methods of purchase.

A supermarket tour can provide practical learning experiences for:

- Introducing information on healthy eating and healthy weight;
- Introducing new and unfamiliar foods;
- Becoming familiar with methods for purchasing food;
- Identifying suitable substitutes for traditional foods which may be difficult to access;
- Sharing experiences<sup>1</sup>.

There is a wide range of existing supermarket tour activities. It is important to first identify the topics you would like to cover at the supermarket before choosing your activities. It is also best to have a clear focus for your shopping tour and to establish some rules of conduct with the group so everyone gets the most out of the session.

**Messages**      Eat a balanced diet  
                          Know what's in the food you eat  
                          Read food labels

**Topic**            Supermarket Tour

### Focus Questions

How do I identify good nutritional value for money within and between product groups?

What is the difference between brands and products which are available in many forms (fresh, frozen, canned, dried etc)?

### Learning Experiences

Competency	Activity	Resources
Preparation	- Follow the supermarket tour checklist to ensure you are organised.	- Shopping tour; advanced preparation <a href="http://www.foundationhouse.org.au">www.foundationhouse.org.au</a> or Foodcents teachers manual <a href="http://www.healthinonet.ecu.edu.au/html/html_states/states_wa/health_resources.htm#nutrition">www.healthinonet.ecu.edu.au/html/html_states/states_wa/health_resources.htm#nutrition</a>
Vocabulary, familiar and new foods	- Group leader guides participants to relevant areas of the supermarket to discuss food prices, brands, and/or shopping methods.	
Comprehension	- Participants complete an evaluation form identifying positive learning's.	

## Review Questions

Am I confident I can?

- Identify good nutritional value and compare prices within and between products.
- Understand the additional costs of processing, packaging and advertising goods;
- Read and interpret food labels.

## Evaluation

Participants complete an evaluation form identifying positive learning's.

## Other resources and lesson

17. From 'Easing the Transition', p120, 'Making it real; Organising a supermarket or shopping tour'.  
[www.foundationhouse.com.au](http://www.foundationhouse.com.au)
18. From 'Easing the Transition', p15, 'The diet and lifestyle context for new arrivals'.  
[www.foundationhouse.com.au](http://www.foundationhouse.com.au)
19. From 'Easing the Transition', p72, 77, 81, 84, 87, 'if you are doing a supermarket or shopping tour'.  
[www.foundationhouse.com.au](http://www.foundationhouse.com.au)
20. From 'Foodcents', 'teacher's Manual; Shopping tours'.  
[www.healthinfonet.ecu.edu.au/html/html\\_states/states\\_wa/health\\_resources.htm#nutrition](http://www.healthinfonet.ecu.edu.au/html/html_states/states_wa/health_resources.htm#nutrition)

1. Easing the Transition; A resource guide for health and settlement workers supporting those recently arrived in Australia to maintain a healthy diet and lifestyle. The Victorian Foundation for Survivor of Torture Inc. 2000.