

Study Guide

Shopping for Food

Directions: Read chapter 17, and answer the following questions. Later, you can use this study guide to review.

1. What do supermarkets offer the shopper?

2. Name four variations of the basic supermarket.

3. Identify places where a person can buy food other than a supermarket.

4. What are some guidelines to use when deciding where to shop for food?

5. What types of food are found on the outside walls of a supermarket?

6. List two reasons why a shopping list is helpful.

7. What is the basic information found on a food label?

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Chapter 17 Study Guide (continued)

8. What FDA guidelines must be met when making a health claim on a food label?

9. Explain the difference between the “sell-by” date and the “use-by” date on perishable food.

10. What is the universal product code?

11. List two ways to ensure the quality of the food you buy.

12. Explain the four forces that affect the price of food.

13. What are two pieces of information that can help people choose the best buy? How can the information help?

14. How can coupons be most helpful in saving money on food?

15. Name some other money-saving techniques.

16. If you find a food is spoiled or otherwise defective, what is your first course of action?

Activity 1

Shopping for Food

Making a Shopping List

Directions: Assume you are going to make lasagna. Write a very specific shopping list on the form on page 78. Read the recipe below, and write your shopping list on the form. Write the name of the food, the form, and the amount in the correct section. Choose the closest market form amount available. Answer the questions below the recipe.

Lasagna

Sauce	Filling
1 clove garlic	1 lb. part skim-milk ricotta cheese
1 medium onion	1 lb. mozzarella cheese, shredded
1 lb. lean ground beef	1 egg
1 tsp. salt	¼ cup chopped fresh parsley
¼ tsp. black pepper	
1 Tbsp. dried oregano	Noodles
2 (28-ounce) cans whole plum tomatoes	1 lb. dried lasagna noodles
2 Tbsp. tomato paste	
	Topping
	½ cup Parmesan cheese

1. If you were to make this shopping list at home, what would you check before writing any of the items on the list?

2. Why are the categories on the shopping list written in this particular pattern?

3. In what two sections could you write Parmesan cheese?

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Chapter 17 Activity 1 (continued)

Meats, Poultry, Fish

Fresh Vegetables & Fruits	Canned & Packaged Foods	Milk, Cheese & Eggs
	Frozen Foods	