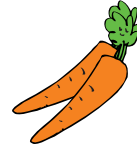


Name \_\_\_\_\_



# Healthy Choices



Using a grocery ad and a shopping list provided by your teacher, calculate how much money you will need to purchase all the items on the list.

Items	Amount (lb., quantity, etc.)	Cost per pound or item	Total Cost
<i>Example, Gala Apples</i>	<i>3 lb.</i>	<i>\$0.79</i>	<i>\$2.37</i>
<b>Grocery List Total</b>			

## What counts as 1 serving?

### Grains Group

- 1 slice of bread
- 1/2 cup rice or pasta
- 1/2 cup cooked cereal
- 1 oz. cold cereal (1/4 to 1 1/4 cups, check the nutrition label of your favorite cereal to see how many cups = 1 oz.)

### Vegetable Group

- 1/2 cup cooked vegetables or chopped raw vegetables
- 1 cup leafy raw vegetables

### Fruit Group

- 1 piece fresh fruit (orange, apple, etc.)
- 3/4 cup fruit juice
- 1/4 cup dried fruit

### Milk Group

- 1 cup milk or yogurt
- 1 1/2 oz. cheese (about the size of three dice or one CD case)

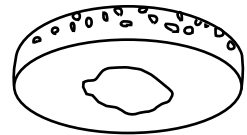
### Meat/Beans Group

- 2 1/2 to 3 oz. cooked lean meat, poultry, or fish (about the size of a deck of cards)
- 1/2 cup cooked beans
- 1 egg
- 2 tablespoons peanut butter

## How many servings of each food group does this hamburger have?

(Hint: 1/2 a bun = 1 slice)

\_\_\_\_\_ top bun



\_\_\_\_\_ 1/2 cup onion/tomato



\_\_\_\_\_ 1 oz. cheese



\_\_\_\_\_ 3 oz. beef patty



\_\_\_\_\_ bottom bun

