

Be a Supermarket Food Explorer

Most supermarkets sell products that are grown or produced all over the world. Let's look at the different kinds of fruits, vegetables, and other goodies that are sold in your market and find out where they came from!

Take a trip to a nearby supermarket with a parent or sibling and see if you can find all the items listed below. Add some of your own items too. Or set up a friendly timed competition to see who can find the most items on the list in 15 minutes.

Fruit/Vegetable	Where was it grown *	How many varieties ?	Cost
Apples 			
Carrots 			
Corn 			
Tomatoes 			
Kiwi 			
Broccoli 			
Pumpkin 			
Basil 			
Avocado 			
Peppers 			
Onions 			
Peas 			
Grapes 			
Lemon 			
Add:			
Add:			
Add:			

Most fruits/vegetables have stickers or signs indicating where they were grown. Ask for help if you don't see them. Record multiple places if there are more than one.

- Which item traveled the farthest to get to your market?
- Which items had the most variety?
- If you did our Farmers Market Scavenger Hunt from our June activities, what similarities and differences did you notice between what was available at the supermarket versus at the Farmer's market?

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If you had \$5.00 to spend on fruits and vegetables for your lunch what would you buy?
What other items would you include in your lunch?

Fill up the lunch box
with your choices.
Don't forget a healthy
beverage!

