GROCERY LIST

Look for some items in this list in your kitchen and bring them to the class.

1. Bakery and Bread

- Whole wheat bread, pita pockets, and English muffins
- Whole-grain flour tortillas
- Fresh breads
- Muffins
- Cakes to order

2. Meat and Seafood

- Skinless chicken or turkey breasts
- Ground turkey or chicken
- Salmon, halibut, trout, mackerel, or your favorite seafood
- Reduced-sodium lunchmeat (turkey, roast beef)
- Packaged beef
- Fish

3. Pasta and Rice

- Brown rice
- Whole wheat or whole-grain pasta
- Spaghetti
- Penne
- Wild rice

4. Oils, Sauces, Salad Dressings, and Condiments

- Tomato sauce
- Mustard
- Barbecue sauce
- Red-wine vinegar
- Salsa
- Extra virgin olive oil, canola oil, nonfat cooking spray
- Jarred capers and olives
- Hot pepper sauce
- Ketchup
- Salad dressings
- Oil

5. Cereals and Breakfast Foods

- Whole-grain or multigrain cereals
- Steel-cut or instant oatmeal
- Whole-grain cereal bars
- Boxed breakfast cereals and bars
- Oats
- Granola.

6. Soups and Canned Goods

- Diced or whole peeled tomatoes
- Tuna or salmon packed in water
- Low-sodium soups and broths
- Black, kidney, soy, or garbanzo beans; lentils, split peas
- Diced green chilies
- Beans
- Pasta sauce
- Canned fruit and vegetables

7. Frozen Foods

- Frozen vegetables: broccoli, spinach, peas, and carrots (no sauce)
- Frozen fruit: strawberries, raspberries, blueberries (without added sugar)
- Frozen shrimp
- Pre-portioned, low-fat ice cream or frozen yogurt
- Whole-grain waffles
- Whole-grain vegetable pizza
- Juice
- Pizzas

8. Dairy, Cheese, and Eggs

- Skim or low-fat milk or soymilk
- Fat-free or low-fat yogurt
- Fat-free or low-fat cottage cheese
- Low-fat cheese or string cheese snacks
- Eggs or egg substitutes
- Firm tofu
- Butter or spread (a variety that doesn't contain hydrogenated oils)
- Milk

9. Snacks and Crackers

- Whole-grain crackers
- Dried fruit: apricots, figs, prunes, raisins, cranberries
- Nuts: almonds, cashews, walnuts, peanuts, pecans, pistachios (roasted and unsalted)
- Seeds: sunflower seeds, sesame seeds, whole or ground flaxseeds
- Peanut butter, almond, or soy butter
- Hummus
- Dark chocolate pieces
- Chips
- Packaged candy
- Cookies
- Crackers

10. Produce

- Fruit: bananas, apples, oranges, mangoes, strawberries, blueberries

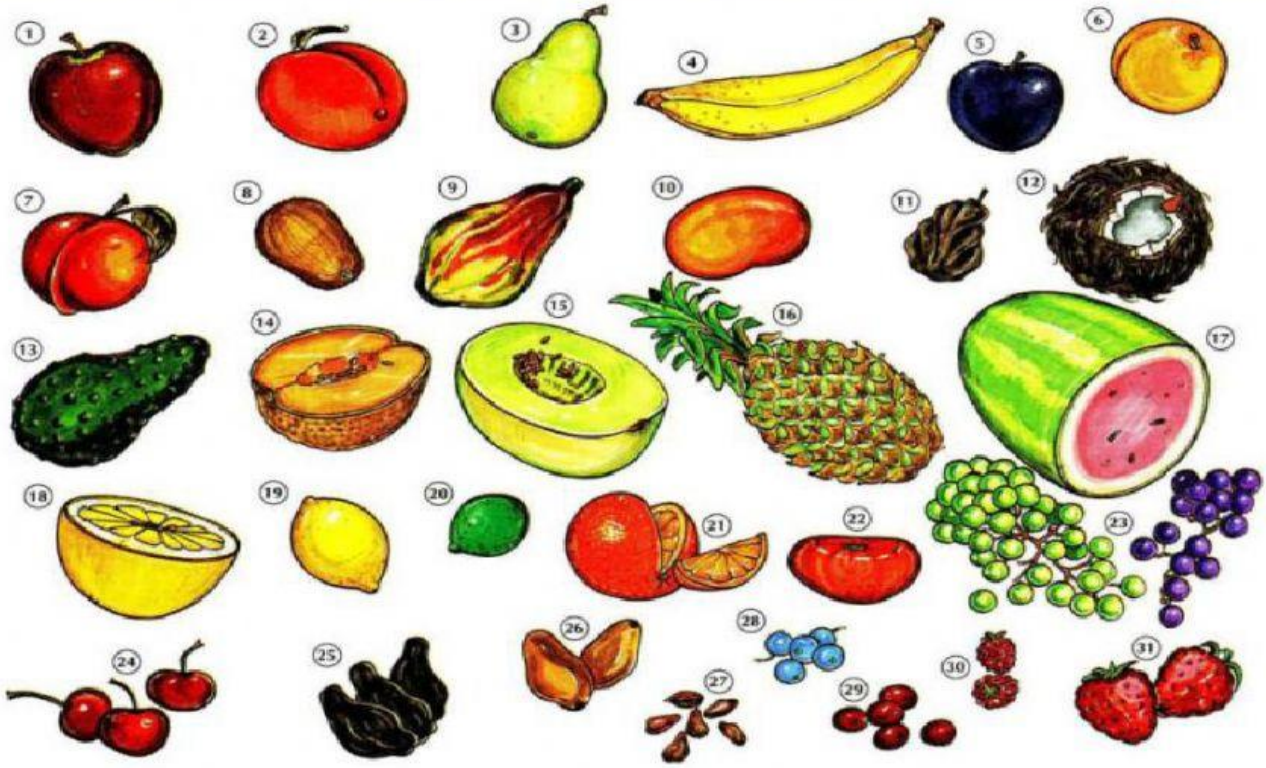
LIVEWORKSHEETS

- Vegetables: sweet potatoes, baby spinach, broccoli, carrot sticks

- **11. Drinks** : Unsweetened green and flavored teas
- Calcium-fortified orange juice
- Sparkling wáter
- Coffee

FRUITS & VEGETABLES

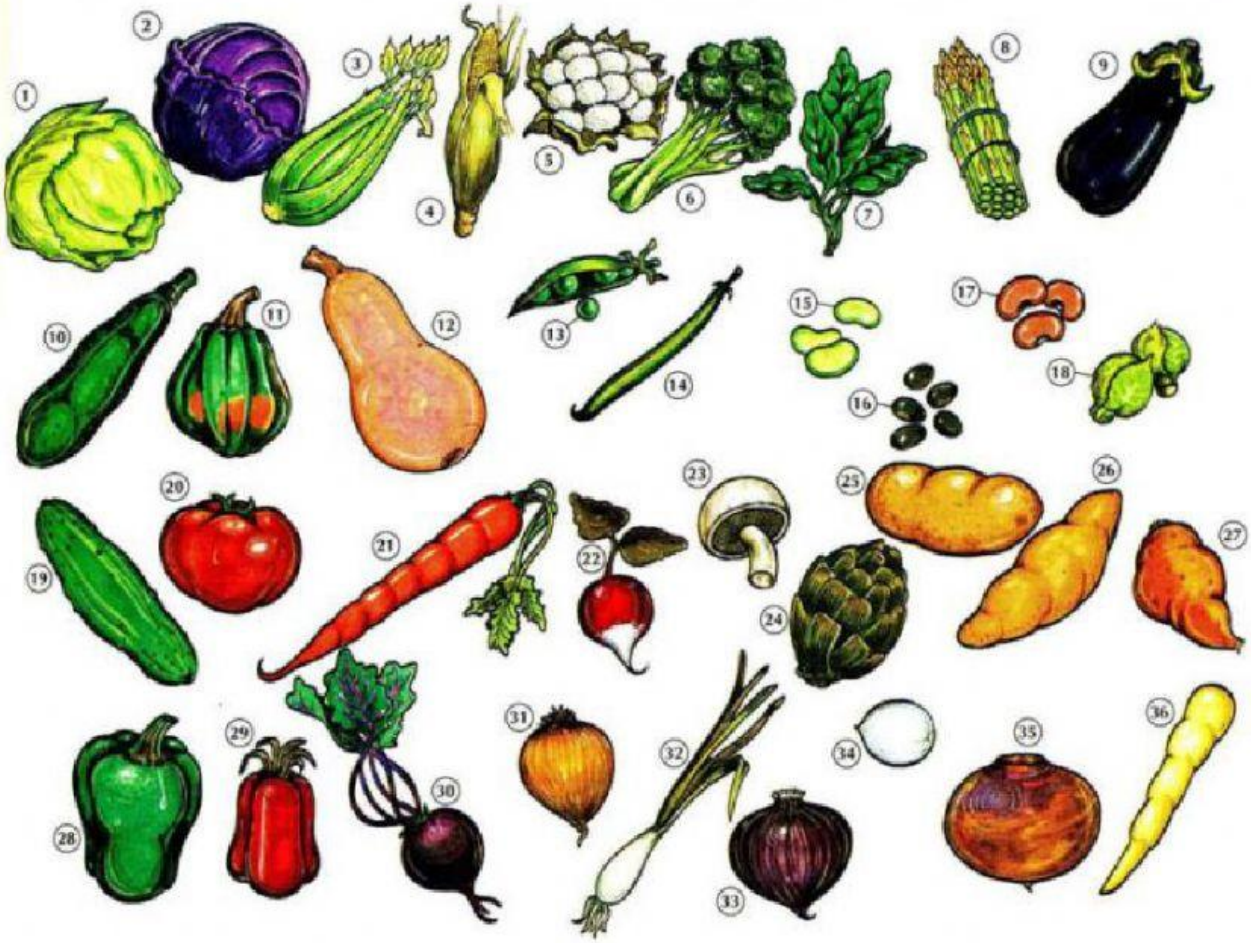
FRUITS



1. apple
2. peach
3. pear
4. banana
5. plum
6. apricot
7. nectarine
8. kiwi
9. papaya
10. mango
11. fig
12. coconut
13. avocado
14. cantaloupe
15. honeydew (melon)
16. pineapple
17. watermelon
18. grapefruit
19. lemon
20. lime
21. orange
22. tangerine
23. grapes
24. cherries
25. prunes
26. dates
27. raisins
28. blueberries
29. cranberries
30. raspberries
31. strawberries

LIVEWORKSHEETS

VEGETABLES



1. lettuce
2. cabbage
3. celery
4. corn
5. cauliflower
6. broccoli
7. spinach
8. asparagus
9. eggplant
10. zucchini (squash)
11. acorn squash
12. butternut squash
13. pea
14. string bean/green bean
15. lima bean
16. black bean
17. kidney bean
18. brussels sprout
19. cucumber
20. tomato
21. carrot
22. radish
23. mushroom
24. artichoke
25. potato
26. sweet potato
27. yam
28. green pepper
29. red pepper
30. beet
31. onion
32. scallion/green onion
33. red onion
34. pearl onion
35. turnip
36. parsnip

LIVEWORKSHEETS

THE SUPERMARKET I

A. I'm going to the supermarket to get **milk** and **soup**.*
Do we need anything else?
B. Yes. We also need **cereal** and **soda**.*

*With 43, 44, 46, 49, and 55, use: a _____

A. Dairy Products
1. milk
2. low-fat milk
3. skim milk
4. chocolate milk
5. buttermilk
6. orange juice†
7. cheese
8. butter
9. margarine
10. sour cream
11. cream cheese
12. cottage cheese
13. yogurt
14. eggs

B. Canned Goods
15. soup
16. tuna fish
17. (canned) vegetables
18. (canned) fruit

C. Packaged Goods
19. cereal
20. cookies
21. crackers
22. spaghetti
23. noodles
24. macaroni
25. rice

D. Juice
26. apple juice
27. pineapple juice
28. grapefruit juice
29. tomato juice
30. fruit punch
31. grape juice
32. cranberry juice
33. juice paks
34. powdered drink mix

E. Beverages
35. soda
36. diet soda
37. bottled water

LIVEWORKSHEETS

F. Poultry
38. chicken
39. chicken legs
40. drumsticks
41. chicken breasts
42. chicken wings
43. turkey
44. duck

G. Meat
45. ground beef
46. roast
47. steak
48. stewing meat
49. leg of lamb
50. lamb chops
51. pork
52. pork chops
53. ribs
54. sausages
55. ham
56. bacon

H. Seafood

FISH
57. salmon
58. halibut
59. flounder
60. swordfish
61. haddock
62. trout

SHELLFISH
63. oysters
64. scallops
65. shrimp
66. mussels
67. clams
68. crabs
69. lobster

I. Baked Goods
70. English muffins
71. cake
72. pita bread
73. rolls
74. bread

J. Frozen Foods
75. ice cream
76. frozen vegetables
77. frozen dinners
78. frozen lemonade
79. frozen orange juice

LIVEWORKSHEETS

[1–70]

A. Look! _____ is/are on sale this week!

B. Let's get some!

A. Deli

1. roast beef
2. bologna
3. salami
4. ham
5. turkey
6. corned beef
7. American cheese
8. Swiss cheese
9. provolone
10. mozzarella
11. cheddar cheese
12. potato salad
13. cole slaw
14. macaroni salad
15. seafood salad

B. Snack Foods

16. potato chips
17. corn chips
18. tortilla chips
19. nacho chips
20. pretzels
21. popcorn
22. nuts
23. peanuts

C. Condiments

24. ketchup
25. mustard
26. relish
27. pickles
28. olives
29. salt
30. pepper
31. spices
32. soy sauce
33. mayonnaise
34. (cooking) oil
35. olive oil
36. vinegar

D. Coffee and Tea

38. coffee
39. decaffeinated coffee/ decaf coffee
40. tea
41. herbal tea
42. cocoa/ hot chocolate mix

E. Baking Products

43. flour
44. sugar
45. cake mix

LIVEWORKSHEETS

LIVEWORKSHEETS