

Grocery Shopping



Brainstorm and research foods that are high in the following categories.

High calorie Foods:	High fat foods:	High sodium foods:
High carbohydrates Foods:	High cholesterol foods:	High protein Foods:
High fibre foods:		

Visit the following link to enter a virtual grocery store.

<https://www.inabuggy.com/store.php/d/d/s/50/view/3d>

Find a food that is high in:

1. Calories: _____
2. Fat: _____
3. Sodium: _____
4. Carbohydrates: _____
5. Cholesterol: _____
6. Protein: _____
7. Fibre: _____

Then, tell your class what you bought and what you are going to cook with it or which meal you are going to eat it with.