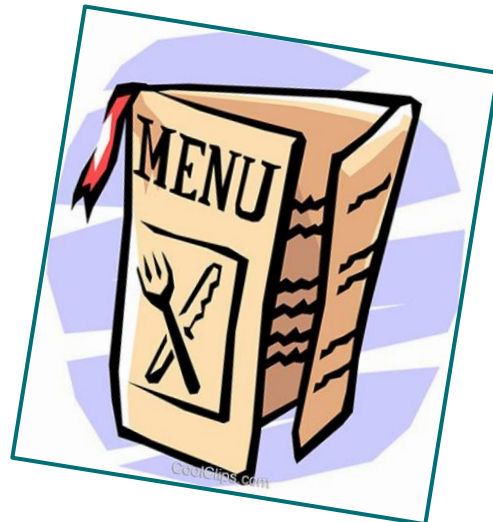


Smart Shopper



Shopping
List



Learning in the Kitchen

Acknowledgements

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The NWT Literacy Council is a territorial non-profit group that promotes and supports literacy in all official language of the NWT. Our program areas include Indigenous languages, family literacy, adult literacy and essential skills, youth literacy, and plain language.

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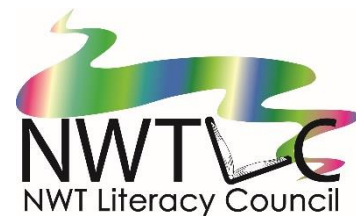
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Overview

This is one of seven modules of *Learning in the Kitchen*.

- Kitchen Safety
- Food Safety
- Nutrition for Health
- Importance of Food
- Reading Food Labels
- Smart Shopper
- Nutrition Games

This module has seven activities. If you do them all it will probably take two to three sessions. Do some activities before you start cooking and then complete them after, or do them all at once. There is an answer key at the end of the module.

Have lots of food items on hand to use to demonstrate Nutrition Facts labels and Ingredients lists.

Learning outcomes

At the end of these activities, participants should be able to:

- Find healthy and affordable food at the grocery store.
- Plan a menu.
- Make a shopping list for the menu.
- Compare foods, brands, and sizes for the best cost.
- Find and understand the unit cost of an item.

Embedded literacy activities

- Building vocabulary
- Completing charts and tables
- Writing skills
- Sorting
- Math skills

Key understandings

- Planning meals to save money.
- Being a wise shopper.

How to run your *Learning in the Kitchen* session

- Choose three recipes for this session from *Great Food for Northern Cooks* or ask participants to find healthy recipes online.
- Choose a main meal, soup or salad, and a dessert or muffin.
- Shop for the ingredients before the session.
- Give the recipes to participants to follow along with.
- Review how to measure ingredients before you start cooking. *Great Food for Northern Cooks* has a great overview of measuring.
- Invite participants to work together to make the recipes.
- Make enough so everyone can take some home for supper.
- Buy containers for participants to take food home in.
- Make a snack for everyone to enjoy at the program.

Videos

All the videos are on your USB drive. If you have a small group, show the videos on a computer or laptop. If you have a large group use a projector if available.

Activities

Activity 1: Videos and Brainstorming (no handout)

Watch one or more of the videos.

- Meal Planning—Shop Smart
<https://www.youtube.com/watch?v=WJ6uWPIVICg>
from Health Canada
- Save money at the grocery store: Tips | Consumer Reports
<https://www.youtube.com/watch?v=5z-F13pdiUI>
- Smart Grocery Shopping—6 tips for buying what you need
<http://www.youtube.com/watch?v=0pCWTbloobg>
- Health Bites: Smart Shopping with Unit Pricing
https://www.youtube.com/watch?v=x56Oa_4_3HE
- Unit pricing helps you save money at the grocery store
<http://www.youtube.com/watch?v=KMe85qahPbk>

Discuss these questions.

- Have you ever been food shopping and had this experience ...
 - Forgot to buy something you needed?
 - Bought something you didn't mean to buy?
 - Bought something you didn't use and had to throw away?

Activity 2: Smart Shopper Checklist (1 handout)

1. Write “Shopping List” on the board.

Brainstorm these questions and write down the answers.

- What is a shopping list?
 - Why would a person make a shopping list?
2. Use this game to introduce the topic of grocery shopping.
 - Start with the instructor, who says, “I’m going to the grocery store to buy ____ (choose an item)”
 - Ask each participant to take turns to say, “I’m going to the grocery store to buy ____ (choose their own item) and ____ (repeat what everyone said before).”

By the end it may be difficult for participants to remember what each person said.

3. Now ask participants to brainstorm ideas for a “Smart Shopping Checklist”.

What can they do at home to be a smart shopper?

What can they do at the grocery store to be a smart shopper?

Ask each participant to create their own “Smart Shopper Checklist” — a poster or on a computer.

Invite participants to use the “Sample Smart Shopper Checklist” as a guide.

Activity 3: One Week Menu (1 handout)

Ask participants to use the handout as a guide to make a menu for one week—breakfast, lunch, and supper for each day.

Discuss the “Sample Menu”.

Activity 4: Shopping List (1 handout)

Ask participants to use the handout as a guide to make a shopping list based on the menu from the previous activity.

Discuss the “Sample Shopping List”.

If appropriate, divide participants into small groups or pairs. Ask each small group / pair to write a shopping list.

Discuss and compare the answers.

Activity 5: Unit Pricing (1 handout)

Brainstorm: What is the unit price?

Watch one or more of these videos.

- Unit pricing (definitions and examples)
<https://www.youtube.com/watch?v=FPfmjFVdDj0>
- Finding the Unit Price: Decimal Division (shows how to calculate) <https://www.youtube.com/watch?v=iyvHnqM5WzM>
- Unit Price—MathHelp.com (shows how to calculate)
<https://www.youtube.com/watch?v=T6i5Cd3MdvG>

As a group go over the handout.

Then ask participants to answer the questions for Parts 1, 2, and 3 in the handout. Discuss the answers.

Then as a group discuss the statement and question in Part 4.

Activity 6: Supermarket Scavenger Hunt (1 handout)

Go together to the local grocery store.

Ask participants to find the items on the handout and answer the questions.

Discuss their answers.

Activity 7: Smart Shopper Taboo

This game is a variation to the popular Taboo Game.

You need a bell or buzzer and a timer.

1. Choose a participant to come to the front of the room. Ask them to sit with their back against the board or flip chart.
2. Write the key word on the board.
Then write all the taboo words under it.
 - Example
Key word: Unit price
Taboo words: money, shopping, unit, price, one, cost
3. Explain the rules.
 - Choose one participant to describe the key word to the participant at the front. Ring the bell if they use any taboo words or any variation of the key word. Then choose another participant to describe the key word.
 - Keep going until the participant at the front guesses the key word.
 - Choose a different key word and repeat the process.
Choose a different participant to be at the front of the room.

Use the list on the following two pages for key words and taboo words. Or create your own; invite participants to come up with their own key / taboo words.



Smart Shopper Taboo

Key word: Unit Price Taboo Words <ul style="list-style-type: none">▪ Shopping▪ Unit▪ Price▪ One▪ Cost	Key word: Compare Taboo Words <ul style="list-style-type: none">▪ Comparison▪ Wise▪ Shopping▪ Look▪ Cost
Key word: Coupons Taboo Words <ul style="list-style-type: none">▪ Flyer▪ Sales▪ Savings▪ Paper▪ Deal	Key word: Shopping List Taboo Words <ul style="list-style-type: none">▪ Plan▪ Ingredients▪ Menu▪ List▪ Needs
Key word: Bulk Taboo Words <ul style="list-style-type: none">▪ Scoop▪ Bins▪ Loose▪ Choice▪ No packaging	Key word: Menu Taboo Words <ul style="list-style-type: none">▪ Plan▪ Breakfast▪ Lunch▪ Supper▪ Weekly

Handouts

Activity 2: Smart Shopper Checklist

Create a Smart Shopper Checklist. Think about the videos.

- What can you do at home to be a smart shopper?
- What can you do at the grocery store to be a smart shopper?

Type it on a computer or make a poster.

Display your checklist at home.

Smart Shopper Checklist	
At home	At the grocery store
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Sample—Smart Shopper Checklist

At home	At the grocery store
<input checked="" type="checkbox"/> Look at grocery store ads. 	<input checked="" type="checkbox"/> Compare brands. Store brands are often cheaper. 
<input checked="" type="checkbox"/> Plan a menu for the coming week. 	<input checked="" type="checkbox"/> Compare unit prices. 
<input checked="" type="checkbox"/> Check what ingredients you have and what you need to buy. 	<input checked="" type="checkbox"/> Study the food labels. 
<input checked="" type="checkbox"/> Make a shopping list of what you need to buy. 	<input checked="" type="checkbox"/> Look for sales. 
<input checked="" type="checkbox"/> Cut out coupons for the things you need to buy. 	<input checked="" type="checkbox"/> Stick to a shopping list. Buy only what you need. 
<input checked="" type="checkbox"/> Shop when you're not hungry—NOT on an empty stomach. 	

Activity 3: One Week Menu

As a group, make a sample menu for two adults for a week.

Use these food group guidelines.


If needed, check the Food Guide on the following page for food ideas for each food group.

Food group	Number of servings per day
Vegetables and fruit	7
Grain products	6
Milk and alternatives	2
Meat and alternatives	2


See the sample menu.

Fruit and Veg


Eat at least one dark, green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than juice.




Dark green and orange vegetables
125 mL (1/2 cup)




Other vegetables
125 mL (1/2 cup)




Leafy vegetables and wild plants
cooked 125 mL (1/2 cup)
raw 250 mL (1 cup)



Berries
125 mL (1/2 cup)




Fruit
1 fruit or 125 mL (1/2 cup)




100% Juice
125 mL (1/2 cup)

Grains


Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.




Bread
1 slice (35 g)




Bannock
35 g (2" x 2" x 1")




Cold cereal
30 g (see food package)



Hot cereal
175 mL (3/4 cup)




Cooked pasta
125 mL (1/2 cup)




Cooked rice
white, brown, wild
125 mL (1/2 cup)

Milk and Alt.


Drink 500 mL (2 cups) of skim, 1% or 2% milk each day. Select lower fat milk alternatives. Drink fortified soy beverages if you do not drink milk.




Milk
250 mL (1 cup)




Powdered milk, mixed
250 mL (1 cup)




Fortified soy beverage
250 mL (1 cup)



Canned milk
(evaporated)
125 mL (1/2 cup)




Yogurt
175 g (3/4 cup)




Cheese
50 g (1 1/2 oz.)

Meat and Alt.


Have meat alternatives such as beans, lentils and tofu often. Eat at least two Food Guide Servings of fish each week.* Select lean meat and alternatives prepared with little or no added fat or salt.




Traditional meats and wild game
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)




Fish and shellfish
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)




Lean meat and poultry
75 g cooked (2 1/2 oz)/125 mL (1/2 cup)



Eggs
2 eggs



Beans - cooked
175 mL (3/4 cup)



Peanut butter
30 mL (2 tbsp)

Learning in the Kitchen

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Menu

	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Sample Menu

	Breakfast	Lunch	Supper
Monday	Whole grain toast with peanut butter, fruit and yogurt	Lentil soup with veggies, whole grain crackers	Meat loaf and veggies
Tuesday	Oatmeal with nuts, raisins, seeds, and milk	Green salad with veggies, cheese, and sunflower seeds	Chili made with kidney beans and lots of veggies
Wednesday	Boiled egg, whole grain toast and jam, milk	Fruit salad with a whole grain muffin	Baked fish and lots of veggies
Thursday	Fruit smoothie, whole grain muffin with nuts and seeds	Carrot and raisin salad, whole grain toast	Casserole—wild rice, mushrooms, veggies, and cheese
Friday	Hard boiled egg, whole grain bannock with jam, milk	Fish sandwich, made with whole grain bread, carrot and celery sticks	Meat stew with lots of veggies
Saturday	Whole grain pancakes with berries and yogurt	Pea soup with veggies, whole grain crackers	Stir fry veggies and shrimp, serve on brown rice or whole grain noodles
Sunday	Cheese / spinach omelet, whole grain toast, orange juice	Egg salad and veggies in whole grain tortilla wrap	Chicken and veggie curry with brown rice

Activity 4: Shopping List

Fill out the shopping list for the menu. See the sample shopping list.

Menu part:

Veggies		Fruit	
Dairy		Meat	
Dry goods		Other	

Sample shopping list

This sample shopping list goes with the sample menu from the previous activity.

Veggies		Fruit	
Carrots	Cabbage	Berries (frozen)	Bananas
Potatoes	Spinach	Apples	Orange juice
Broccoli	Celery	Oranges	
Mushrooms	Onions		
Peppers	Garlic		
Dairy		Meat	
Eggs		Ground beef (extra lean)	
Yogurt (low fat)		Shrimp	
Milk (skim)		Fish	
Cheese (low fat)		Chicken (skinless)	
Dry goods		Other	
Lentils	Noodles	Tortilla wraps	Canned tomatoes
Kidney beans	Oatmeal	Whole grain bread and bagels	Syrup
Brown rice	Whole grain flour	Peanut butter	Raisins
Nuts	Baking powder	Jam	Whole grain crackers
Seeds	Curry powder	Canned tuna	

Activity 5: Unit Pricing

Unit pricing is the cost per litre, per kilogram, per pound, per container, per item of something you want to buy.

- Example: a 2-litre carton of milk is \$3.80
The cost per litre is $\$3.80 \div 2 = \1.90
- Example: a 6-pack of apple juice is \$2.98
The cost per container is $\$2.98 \div 6 = \0.50

Price stickers on store shelves often give the unit price.

Look at these examples and discuss these questions.

- What is the size of the product in each example?
- For each example what is the unit in the unit price?

Olive oil



Product size:

Unit in unit price:

Nutella



Product size:

Unit in unit price:

Canned salmon



Product size:

Unit in unit price:

Peanut butter



Product size:

Unit in unit price:

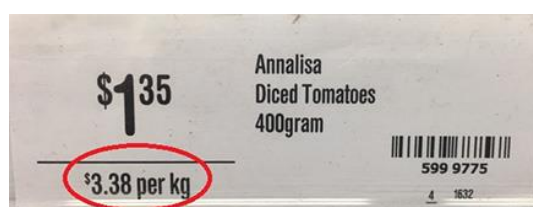
Comparing unit prices is a good way to find the best price for a product when you have more than one option in the store. Often the two options come in different sized containers.

When you compare unit prices for a product, check to make sure the unit price for each of the options uses the same unit.

Look at these examples of canned tomatoes.

Discuss these questions.

- What is the size of the product for each example?
- What is the unit in the unit price? Are all units the same?
- How can you make them the same?



product size:

unit in unit price:



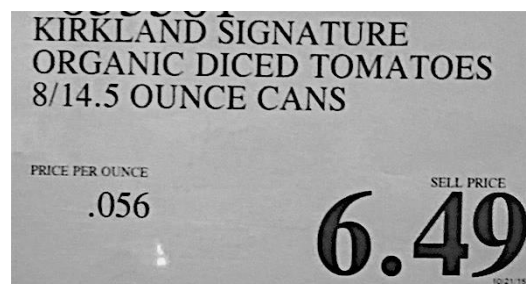
product size:

unit in unit price:



product size:

unit in unit price:



product size:

unit in unit price:

Part 1

In each grouping, check ☒ the item that has the best unit price.

	Product name	Size	Price	Unit price
<input type="checkbox"/>	General Mills Cheerios	18 ounces	\$4.79	\$0.27 / oz.
<input type="checkbox"/>	General Mills Cheerios	14 ounces	\$3.99	\$0.29 / oz.
<input type="checkbox"/>	Store Brand Toasted Oats	14 ounces	\$2.50	\$0.18 / oz.
<input type="checkbox"/>	Colavita Extra Virgin Olive Oil	17 ounces	\$9.99	\$0.59 / oz.
<input type="checkbox"/>	Capatriti Extra Virgin Olive Oil	101 ounces	\$21.49	\$0.21 / oz.
<input type="checkbox"/>	Goya Extra Virgin Olive Oil	8.5 ounces	\$4.29	\$0.50 / oz.
<input type="checkbox"/>	Fillipo Berrio Olive Oil	16.9 ounces	\$7.39	\$0.44 / oz.
<input type="checkbox"/>	President's Choice frozen OJ	295 ml	\$1.99	\$0.67 / 100 ml
<input type="checkbox"/>	Minute Maid frozen OJ	295 ml	\$1.99	\$0.67 / 100 ml
<input type="checkbox"/>	Old South frozen OJ	283 ml	\$1.99	\$0.70 / 100 ml
<input type="checkbox"/>	No Name frozen OJ	283 ml	\$1.29	\$0.46 / 100 ml

Product name		Size	Price	Unit price
<input type="checkbox"/>	No Name margarine	454 gr	\$1.99	\$0.44 / 100 gr
<input type="checkbox"/>	No Name parchment margarine	454 gr	\$1.49	\$0.33 / 100 gr
<input type="checkbox"/>	Becel margarine	2 kg	\$12.49	\$0.62 / 100 gr
<input type="checkbox"/>	Becel margarine	454 gr	\$3.99	\$0.88 / 100 gr
<input type="checkbox"/>	Farmer's market carrots	1 kg bag	\$2.49	\$0.25 / 100 gr
<input type="checkbox"/>	Farmer's market mini carrots	900 gr bag	\$3.99	\$0.44 / 100 gr
<input type="checkbox"/>	PC organic carrots	900 gr bag	\$3.99	\$0.44 / 100 gr
<input type="checkbox"/>	Carrots loose	Per kg.	\$2.18	\$0.22 / 100 gr
<input type="checkbox"/>	Farmer's market red potatoes	5 lb. bag	\$2.99	\$1.32 / kg.
<input type="checkbox"/>	Farmer's market red potatoes	10 lb. bag	\$5.99	\$1.32 / kg.
<input type="checkbox"/>	Red potatoes loose	Per kg.	\$4.39	\$4.39 / kg.
<input type="checkbox"/>	Farmer's market mixed mini potatoes	5 lb. bag	\$8.99	\$4.00 / kg.

Part 2

For each group of products, fill in the table with the size, price, and unit price (same as the table in Part 1).

- Are the units the same for each product in the group?
- Check the product with the best unit price.

Cream of mushroom soup



Jasmine rice



Cereal



Laundry detergent



Rice

Unit Price 13¢ per oz.	Total Price \$3.12 24 oz.
 Snappy Rice	

Unit Price 20¢ per oz.	Total Price \$2.40 12 oz.
 Crackly Rice	

Carrots

\$2.00 per lb.	\$2.00 16oz. Baby Carrots

\$1.15 per lb.	\$2.29 2 lb. Regular Carrots

\$0.66 per lb.	\$3.29 5 lb. Regular Carrots

Yogurt

32 OZ LF YOGURT	
UNIT PRICE \$0.05 per oz	RETAIL PRICE \$1.62
	
846519725548123	



6 OZ LF YOGURT	
UNIT PRICE \$0.12 per oz	RETAIL PRICE \$0.72
	
84651978466659	



Canned pears

16 ounces, costs \$1.00

UNIT PRICE \$0.06 PER OUNCE	12/7/15	RETAIL PRICE \$1.00 CANNED PEARS 16 OZ. CAN
		
0111022287 03/14/13		

28 ounces, costs \$1.35

UNIT PRICE \$0.04 PER OUNCE	12/14/13	RETAIL PRICE \$1.35 CANNED PEARS 28 OZ. CAN
		
4219745293 03/14/13		

Product name		Size	Price	Unit price
<input type="checkbox"/>	Cream of mushroom soup			
<input type="checkbox"/>	Cream of mushroom soup			
<input type="checkbox"/>	Jasmine rice			
<input type="checkbox"/>	Jasmine rice			
<input type="checkbox"/>	Cereal			
<input type="checkbox"/>	Cereal			
<input type="checkbox"/>	Laundry detergent			
<input type="checkbox"/>	Laundry detergent			
<input type="checkbox"/>	Snappy rice			
<input type="checkbox"/>	Crackly rice			

Product name		Size	Price	Unit price
<input type="checkbox"/>	Carrots			
<input type="checkbox"/>	Carrots			
<input type="checkbox"/>	Carrots			
<input type="checkbox"/>	Low-fat yogurt			
<input type="checkbox"/>	Low-fat yogurt			
<input type="checkbox"/>	Canned pears			
<input type="checkbox"/>	Canned pears			

Part 3

Study the four price stickers for flour on the next page.

Fill out three columns in the table with information from the stickers: size, price, and unit price.

Then answer these questions. Discuss the answers.

1. These four price stickers use three different units for the unit price. What are the three different units?

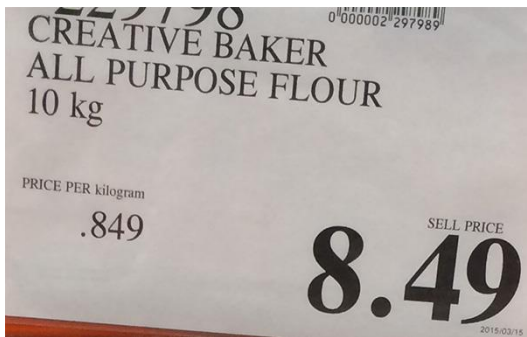
2. To compare the unit price for flour, we need to make all the units the same.

Use an online converter.

https://www.google.ca/search?client=safari&rls=en&q=convert+kg+to+pounds&ie=UTF-8&oe=UTF-8&gfe_rd=cr&ei=sbTjWKy5OZPOXqvomOgD

- To change pounds to kg: 1 kg = 2.2 lb.
(x lb. X 2.2 = ____ kg)
 - To change kg to pounds: 1 pound = 0.454 kg
(x kg X 0.454 = ____ lb.)
 - To change ounces to pounds: 1 pound = 16 ounces
(x oz. X 16 = ____ lb.)
3. Use the formula to make all the units the same. Choose kg or pounds as the unit. Fill in the last column in the table.
 4. Which flour has the best unit price?

Flour



	Product name	Size	Price	Unit price	New unit price
<input type="checkbox"/>	Creative Baker All Purpose Flour				
<input type="checkbox"/>	Brand A All Purpose Flour				
<input type="checkbox"/>	Conagra Flour				
<input type="checkbox"/>	Gold Medal All Purpose Flour				

Part 4

Discuss this statement and question.

Statement

- Unit pricing can help you decide what product is the best price.

Questions

- What other factors affect what products you buy, besides price?
- How important is price compared with these other factors?
- How important are the other factors compared with price?

Activity 6: Grocery Story Scavenger Hunt

As a group, go to the grocery store.

Work in pairs to find these items.

Fill in the two columns in the table:

- Name / cost of item
- Nutrition info

Discuss your answers.

Item	Brand name / cost	Nutrition Info
One loaf of bread that is a good source of fibre (at least 15% DV).		First ingredient:
Package of bagels with whole grain as the first ingredient.		Fibre %DV:
Cereal that is a good source of fibre and iron (at least 15% DV).		Fat %DV: Sugar %DV: First ingredient:
Cracker that is low in fat (5% DV or less)		Calories: Sodium %DV: Fibre %DV:
Plain yogurt and fruit yogurt, to compare. Make sure the serving size is the same.		Calories: Fat %DV: Sugar %DV:
		Calories: Fat %DV: Sugar %DV:

Item	Brand name / cost	Nutrition Info
Fruit drink and 100% fruit juice, to compare. Make sure the serving size is the same.		Calories: Vitamin C %DV: Sugar %DV:
		Calories: Vitamin C %DV: Sugar %DV:
Two pre-packaged meals to compare—frozen, cans, boxes (e.g. pork and beans, rice a roni, frozen pizza, mac and cheese, etc.)		Calories: Sodium %DV: Fat %DV: Sugar %DV: Protein %DV:
		Calories: Sodium %DV: Fat %DV: Sugar %DV: Protein %DV:
Package of bacon and package of sausage to compare.		Calories: Sodium %DV: Fat %DV:
		Calories: Sodium %DV: Fat %DV:

Item	Brand name / cost	Nutrition Info
2-litre cartons of milk: skim and 2% to compare		Calories: Fat %DV: Calcium %DV: Vitamin D %DV:
		Calories: Fat %DV: Calcium %DV: Vitamin D %DV:
Two brands of canned tuna to compare.		Calories: Fat %DV: Sodium %DV: Protein %DV:
		Calories: Fat %DV: Sodium %DV: Protein %DV:
Package of brown rice and package of white rice to compare.		Calories: Fibre %DV:
		Calories: Fibre %DV:

Answer Key

Activity 5: Unit Pricing

Look at these examples and discuss these questions.

- What is the size of the product in each example?
- For each example what is the unit in the unit price?

Olive oil



Produce size: 16.9 oz.

Unit in unit price: gallon

Nutella



Produce size: 13 oz.

Unit in unit price: pound

Canned salmon



Produce size: 7.5 oz. or 213 g

Unit in unit price: pound

Peanut butter

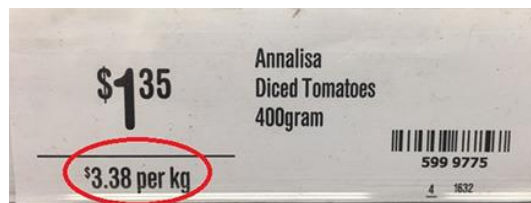


Produce size: 16 oz.

Unit in unit price: oz.

Discuss these questions.

- What is the size of the product for each example?
- What is the unit in the unit price? Are all units the same?
No. Two products use kg for the unit price; two products use ounces for the unit price.
- How can you make them the same so you can compare them?
Convert ounces to kg (1 kg = 35.27 ounces). Then multiply the price per ounce X 35.27
Or convert kg to ounces (1 ounce = 0.028 kg). Then multiply the price per kg X 0.028
- Look up a converter online.
https://www.google.ca/search?client=safari&rls=en&q=convert+ounces+to+kilograms&ie=UTF-8&oe=UTF-8&gfe_rd=cr&ei=af_iWKT9No_d8gfc5amgBg



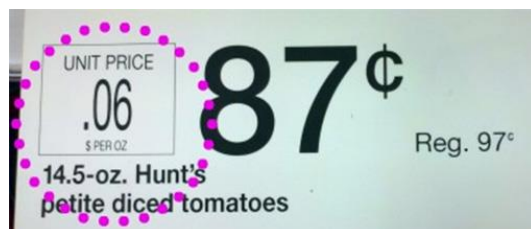
product size: 400 grams

- unit in unit price: kg
- unit price per oz: $3.38 \times .028 = \$0.09$



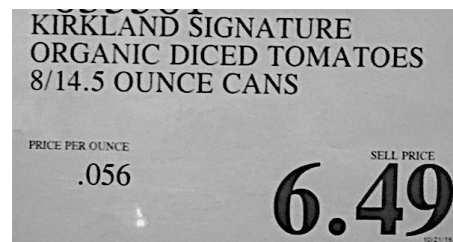
product size: 400 grams

- unit in unit price: kg
- unit price per oz: $4.75 \times .028 = \$0.13$



product size: 14.5 oz.

- unit in unit price: oz.
- unit price per kg: $.06 \times 35.27 = \$2.12$



product size: 14.5 ounce

- unit in unit price: ounce
- unit price per kg: $.056 \times 35.27 = \$1.98$

Part 1

In each grouping, check ☒ the item that has the best unit price.

	Product name	Size	Price	Unit price
<input type="checkbox"/>	General Mills Cheerios	18 ounces	\$4.79	\$0.27 / oz.
<input type="checkbox"/>	General Mills Cheerios	14 ounces	\$3.99	\$0.29 / oz.
<input checked="" type="checkbox"/>	Store Brand Toasted Oats	14 ounces	\$2.50	\$0.18 / oz.
<input type="checkbox"/>	Colavita Extra Virgin Olive Oil	17 ounces	\$9.99	\$0.59 / oz.
<input checked="" type="checkbox"/>	Capatriti Extra Virgin Olive Oil	101 ounces	\$21.49	\$0.21 / oz.
<input type="checkbox"/>	Goya Extra Virgin Olive Oil	8.5 ounces	\$4.29	\$0.50 / oz.
<input type="checkbox"/>	Fillipo Berrio Olive Oil	16.9 ounces	\$7.39	\$0.44 / oz.
<input type="checkbox"/>	President's Choice frozen OJ	295 ml	\$1.99	\$0.67 / 100 ml
<input type="checkbox"/>	Minute Maid frozen OJ	295 ml	\$1.99	\$0.67 / 100 ml
<input type="checkbox"/>	Old South frozen OJ	283 ml	\$1.99	\$0.70 / 100 ml
<input checked="" type="checkbox"/>	No Name frozen OJ	283 ml	\$1.29	\$0.46 / 100 ml

	Product name	Size	Price	Unit price
<input type="checkbox"/>	No Name margarine	454 gr	\$1.99	\$0.44 / 100 gr
<input checked="" type="checkbox"/>	No Name parchment margarine	454 gr	\$1.49	\$0.33 / 100 gr
<input type="checkbox"/>	Becel margarine	2 kg	\$12.49	\$0.62 / 100 gr
<input type="checkbox"/>	Becel margarine	454 gr	\$3.99	\$0.88 / 100 gr
<input type="checkbox"/>	Farmer's market carrots	1 kg bag	\$2.49	\$0.25 / 100 gr
<input type="checkbox"/>	Farmer's market mini carrots	900 gr bag	\$3.99	\$0.44 / 100 gr
<input type="checkbox"/>	PC organic carrots	900 gr bag	\$3.99	\$0.44 / 100 gr
<input checked="" type="checkbox"/>	Carrots loose	Per kg.	\$2.18	\$0.22 / 100 gr
<input checked="" type="checkbox"/>	Farmer's market red potatoes	5 lb. bag	\$2.99	\$1.32 / kg.
<input checked="" type="checkbox"/>	Farmer's market red potatoes	10 lb. bag	\$5.99	\$1.32 / kg.
<input type="checkbox"/>	Red potatoes loose	Per kg.	\$4.39	\$4.39 / kg.
<input type="checkbox"/>	Farmer's market mixed mini potatoes	5 lb. bag	\$8.99	\$4.00 / kg.

Part 2

For each group of products, fill in the table with the size, price, and unit price (same as the table in Part 1).

- Are the units the same for each product in the group?
- Check the product with the best unit price.

Cream of mushroom soup



Jasmine rice



Cereal



Laundry detergent



Rice

Unit Price 13¢ per oz.	Total Price \$3.12 24 oz.
 Snappy Rice	

Unit Price 20¢ per oz.	Total Price \$2.40 12 oz.
 Crackly Rice	

Carrots

\$2.00 per lb.	\$2.00 16oz. Baby Carrots

\$1.15 per lb.	\$2.29 2 lb. Regular Carrots

\$0.66 per lb.	\$3.29 5 lb. Regular Carrots

Yogurt

32 OZ LF YOGURT	
UNIT PRICE \$0.05 per oz	RETAIL PRICE \$1.62
 846519725548123	



6 OZ LF YOGURT	
UNIT PRICE \$0.12 per oz	RETAIL PRICE \$0.72
 84651978466659	



Canned pears

16 ounces, costs \$1.00

UNIT PRICE \$0.06 PER OUNCE	12-715	RETAIL PRICE \$1.00 CANNED PEARS 16 OZ. CAN
 0111022287 03/14/13		

28 ounces, costs \$1.35

UNIT PRICE \$0.04 PER OUNCE	12-1403	RETAIL PRICE \$1.35 CANNED PEARS 28 OZ. CAN
 4210745293 03/14/13		

Product name		Size	Price	Unit price
<input checked="" type="checkbox"/>	Cream of mushroom soup	16 oz.	\$1.39	\$.09 per ounce
<input checked="" type="checkbox"/>	Cream of mushroom soup	19 oz.	\$1.69	\$.09 per ounce
<input checked="" type="checkbox"/>	Jasmine rice	5 kg.	\$12.99	\$.26 per 100 gr
<input type="checkbox"/>	Jasmine rice	1 kg.	\$3.99	\$.40 per 100 gr
<input checked="" type="checkbox"/>	Cereal	18 oz.	\$3.00	\$.16 per oz.
<input type="checkbox"/>	Cereal	14 oz.	\$2.75	\$.20 per oz.
<input checked="" type="checkbox"/>	Laundry detergent	2.5 L	\$7.62	\$3.05 per L
<input type="checkbox"/>	Laundry detergent	1.5 L	\$5.74	\$3.83 per L
<input checked="" type="checkbox"/>	Snappy rice	24 oz.	\$3.12	\$.13 per oz.
<input type="checkbox"/>	Crackly rice	12 oz.	\$2.40	\$.20 per oz.

Product name		Size	Price	Unit price
<input type="checkbox"/>	Carrots	16 oz.	\$2.00	\$2.00 per lb.
<input type="checkbox"/>	Carrots	2 lb.	\$2.29	\$1.15 per lb.
<input checked="" type="checkbox"/>	Carrots	5 lb.	\$3.29	\$0.66 per lb.
<input checked="" type="checkbox"/>	Low-fat yogurt	32 oz.	\$1.62	\$.05 per oz.
<input type="checkbox"/>	Low-fat yogurt	6 oz.	\$0.72	\$.12 per oz.
<input type="checkbox"/>	Canned pears	14 oz.	\$1.00	\$.06 per oz.
<input checked="" type="checkbox"/>	Canned pears	28 oz.	\$1.35	\$.04 per oz.

Part 3

Study the four price stickers for flour on the next page.

Fill out three columns in the table with information from the stickers: size, price, and unit price.

Then answer these questions. Discuss the answers.

1. These four price stickers use three different units for the unit price. What are the three different units?

- pounds
- kilograms
- ounces

2. To compare the unit price for flour, we need to make all the units the same.

Use an online converter.

https://www.google.ca/search?client=safari&rls=en&q=convert+kg+to+pounds&ie=UTF-8&oe=UTF-8&gfe_rd=cr&ei=sbTjWKy5OZPOXqvomOgD

- To change pounds to kg: 1 kg = 2.2 lb.
(x lb. X 2.2 = ___ kg)
 - To change kg to pounds: 1 pound = 0.454 kg
(x kg X 0.454 = ___ lb.)
 - To change ounces to pounds: 1 pound = 16 ounces
(x oz. X 16 = ___ lb.)
3. Use the formula to make all the units the same. Choose kg or pounds as the unit. Fill in the last column in the table.
 4. Which flour has the best unit price?

Flour

 <p>CREATIVE BAKER ALL PURPOSE FLOUR 10 kg</p> <p>PRICE PER kilogram .849</p> <p>SELL PRICE 8.49</p>	 <p>2005 CONAGRA FLOUR HOTEL & RESTAURANT 25 LB</p> <p>PRICE PER POUND .260</p> <p>SELL PRICE 6.49</p>
 <p>BRAND A ALL PURPOSE FLOUR 5 LBS</p> <p>\$1.69</p> <p>UNIT PRICE 2.11¢ per oz</p>	 <p>GOLD MEDAL ALL PURPOSE FLOUR 10 LB BAG</p> <p>* Highest Quality Flour * Multiple Uses * Convenient Bag Size</p> <p>\$3⁸⁸</p> <p>Unit price 38.8 cents per lb UNIT PRICE</p>

	Product name	Size	Price	Unit price	New unit price
<input type="checkbox"/>	Creative Baker All Purpose Flour	10 kg.	\$8.49	\$.849 per kg.	\$.849 per kg \$.385 per lb.
<input checked="" type="checkbox"/>	Conagra Flour	25 lb.	\$6.49	\$.26 per lb.	\$.26 per lb. \$.572 per kg.
<input type="checkbox"/>	Brand A All Purpose Flour	5 lb.	\$1.69	\$.0211 per oz.	\$.34 per pound \$.74 per kg.
<input type="checkbox"/>	Gold Medal All Purpose Flour	10 lb.	\$3.88	\$.388 per lb.	\$.388 per lb. \$.85 per kg.