Nutrition 2102

Chapter 10

Smart Shopping

1. There are many places to purchase our food supplies. Describe the common differences between Supermarkets, Health food stores, Convenience stores and Farmer’s markets.
2. Identify and describe the main sections of any full service food store.
3. New ‘Super Stores’ such as Walmart and Canadian Superstores have become really popular in today’s marketplace. Why do you think they have grown so much compared to the traditional food stores?
4. What does comparison shopping mean? What are the advantages or disadvantages of comparison shopping and would you do it?
5. Today’s hectic society has led to the creation of a new type of food – the convenience food. There are two types of convenience foods; those that make food prep faster, and those made for single-serving size. What are the pros and cons of choosing these foods?
6. What are some general guidelines for effective grocery shopping? (give the reasons for each that you list)
7. List the main items listed on every food label in Canada.
8. The Canadian government is responsible for our food supply. What types of rules have they put in place to maintain our safety?