# Unit 10: Shopping smart

Content Area: **Language Arts Literacy**
Course(s): **Contemporary Living**
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## Enduring Understandings

Unit pricing information makes it easy to compare the cost of products in different sized packages

Nutritional value is just as important as the quality and the price of the foods you buy

The main purpose of advertising is to make people want to buy what the advertiser is trying to sell

Making healthy food choices is not confided to eating at home but the same principles can be applied when dinning out

## Essential Questions

How can getting the most for one's money when purchasing groceries help individuals and families?

How can understanding nutrition labels help you save money when purchasing groceries?

Why do businesses advertise their products?

Why is it important to choose healthy foods when dinning out?

What does it take for a restaurant to succeed?

## Content

Nutrition facts

Staples

Pull date

Expiration date

Unit price

Store, National , generic brands

Advertising techniques

Restaurants

Reservations

Tipping

## Skills

Plan a shopping list to promote efficient shopping

Explain how to compare food costs by shopping at a wide variety of stores or buy comparing national brands with generic brands at one store

Describe how to effectively use unit price comparisons, product dating and nutritional labeling when purchasing food

Summarize general themes in advertising that entices consumers to purchase certain food items

Describe ways to eat healthy and economically while dinning out

## Resources

*Creative Living*

*Modern Marvel Supermarkets*

Google search, slides, docs

## Standards

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| FCSE.9-12.2.1 | Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital. |
| FCSE.9-12.2.1.3 | Analyze decisions about providing safe and nutritious food for individuals and families. |
| FCSE.9-12.2.5 | Analyze relationships between the economic system and consumer actions in a global context. |
| FCSE.9-12.2.5.1 | Analyze the use of resources in making choices that satisfy needs and wants of individuals, families, and communities. |
| FCSE.9-12.14.2 | Examine the nutritional needs of individuals and families in relation to health and wellness across the life span. |
| FCSE.9-12.14.2.4 | Analyze sources of food and nutrition information, including food labels, related to health and wellness. |