Resource for Option #5

GRAINS & CEREALS SHOPPING SURVEY

Name _____ Period ____ Assign #

GROUP # _____ ASSIGNMENT _____ DUE DATE DIRECTIONS: Complete the survey according to instructions. Go to the grocery store and survey the various sections of the store to identify products made from wheat and other grains. Answer the questions at the end of the survey.

ASSIGNMENT #1: Group #1 will survey the cereal section of a super market to identify cereals from wheat from other grains.

Wheat (list cereals):

Other grains (list cereal and grain):

ASSIGNMENT #2: Group #2 will survey the bread and bread products department and identify all breads and bread products made from wheat and all breads and bread products made from other grains.

Wheat (list product):

Other grains (list product and grain):

ASSIGNMENT #3: Group #3 will survey the frozen food section and identify foods using wheat and/or grain products.

List product/food and grain used:

ASSIGNMENT #4: Group #4 will survey the "dry" foods section and identify the variety of foods (such as pasta) that contain wheat or other grains.

Wheat (list product):

Other grains (list product and grain):

Resource for Option #5 - Shopping Spree continued

Questions:

- 1. How many food products did you find that were 100% wheat?
- 2. How many food products contained a percentage of wheat in combination with other grains?
- 3. What is the main food nutrient derived from eating these food products?

4. How does the body benefit from that nutrient?