

Name _____ Period _____ Date _____

Test Your Supermarket IQ

Do your eyes glaze over at the mere thought of wandering up and down the aisles of your supermarket? Or are you the kind of person who can “shop ‘till you drop”? Either way, you’ll enjoy testing your supermarket savvy below.

Circle the answer you think is right. Give yourself one point for each correct answer. A score of:

- 3 or less means you should enter a supermarket at your own risk!
- 4 to 6 means you’ve graduated from the mini-mart to the chain store.
- 7 or over indicates that you have “supermarket smarts.”

1. The best time to go shopping is:
 - a. when you’re hungry
 - b. after you’ve eaten
 - c. when you have nothing to do
2. A well-planned shopping list is primarily to help you:
 - a. shop faster
 - b. think on your feet
 - c. avoid impulse buying
3. You save money by going to the store:
 - a. every day
 - b. once each week with drop-in visits to buy fresh food
 - c. when you run out of everything
4. You save money by “shopping the walls” because you:
 - a. are in the store less time
 - b. primarily purchase basic food items
 - c. buy mostly expensively packaged, highly processed foods
5. A “hypermarket” is a:
 - a. store that specializes in non-food items
 - b. large store that sells groceries as well as household goods and clothing
 - c. store that makes you feel nervous and rushed
6. A food that is advertised as “natural”:
 - a. is always free of fat, salt, and sugar
 - b. is always free of additives and preservatives
 - c. has only ingredients that are derived from plant and animal sources
7. When a product is advertised as “cholesterol-free,” it:
 - a. is always free of fats that raise cholesterol levels in the blood
 - b. is free of animal products
 - c. requires careful reading of the label to determine actual fat content
8. Ingredients are listed on the product label:
 - a. alphabetically
 - b. in order of importance
 - c. by weight, in descending order—according to what the product has most of
9. The “Giant” size product is:
 - a. always the best buy for everyone
 - b. not the best choice if you rarely use the item or have insufficient storage space
 - c. not a good choice for people who don’t like to carry heavy bags