

name: _____

GRAIN* SHOPPER

Imagine that you are responsible for shopping for the grain foods for your family. You have \$14 to spend. Check the grain foods that you will buy. Remember to make the healthy choice!

- _____ \$6.00 package of whole wheat mini bagels
- _____ \$5.00 box of cinnamon cereal
- _____ \$3.50 multigrain loaf of bread
- _____ \$3.00 box of pancake mix
- _____ \$4.00 dozen muffins
- _____ \$1.75 1 pound of white rice
- _____ \$2.00 package of chocolate cookies
- _____ \$2.50 package of whole wheat pasta
- _____ \$2.00 1 pound of brown rice

- _____ TOTAL SPENT

California Health Education Content Standards: GRA 6.1.N Make a plan to choose healthy foods and beverages.