



GROCERY STORE SCAVENGER HUNT

Write down the types of foods you find. Determine if they are GO, SLOW, or WHOA foods. Can you find where the fat and sugar content is labeled? On the food package? How much is there of each?

	Food Item	How Much Fat?	How Much Sugar?	Circle			Is It Healthy?	
				GO, SLOW, WHOA	YES	NO		
snacks				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
dairy				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
meats				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
grains				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
other stuff				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO
				G	S	W	YES	NO