

# WORKSHOP IN A SUPERMARKET

We're doing the shopping today



FUNDACIÓN  
**EROSKI**

contigo



SCHOOL OF  
NUTRITION



Energy to grow



## Breakdown

### SPECIFIC OBJECTIVES

- To learn to construct a healthy meal plan, based on the Mediterranean Diet.
- To be independent and responsible when doing the shopping.

### CORE COMPETENCIES

- C.C.1. Competency in linguistic communication.
- C.C.2. Mathematical competency.
- C.C.3. Competency in knowledge of and interaction with the physical world.
- C.C.5. Social and civic competency.
- C.C.6. Cultural and artistic competency.
- C.C.7. "Learning to learn" competency.
- C.C.8. Autonomy and personal initiative.

## *Design a healthy meal plan* (Before the workshop)

The following exercise must be performed in class the day before the supermarket workshop:

- Design and prepare a healthy meal plan with a varied, balanced diet based on the food pyramid and the Mediterranean Diet.
- This exercise should be performed in small groups (3 or 4 pupils). The pupils will work in the same groups on the day of the workshop.
- Each group is given a budget with which to buy the products for its meal plan and which it must not exceed.
- The pupils must not forget to take their shopping lists to the supermarket with them. The lists must contain at least one local food product.
- In Eroski, the pupils have to compare prices, balance their budgets, make changes to their meal plans in order to adapt to their budget, etc. By doing this, they can solve possible problems in a cooperative manner.
- The idea is to encourage responsibility when eating and make the pupils aware of the cost of food. The pupils have to manage their money appropriately in order to be able to buy everything they need and prepare their healthy meal plans.

# Healthy meal plan design

## Healthy meal plan worksheet



BREAKFAST	MID-MORNING SNACK	LUNCH	TEA	SUPPER

Budget: \_\_\_\_\_ €

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EDUCATIONAL PROGRAMME ON FOOD AND HEALTHY LIVING

## Shopping list worksheet

[illegible]

## Homework

This activity consists of the pupils making one of the dishes from their “Healthy meal plan” at home with their families.

- They have to take a photo of the dish and take it to class to explain how they made it to their classmates.
- This gets families involved in the education of their children, achieving more significant results.

# Homework

Preparing a healthy dish



NAME OF THE DISH

PHOTO OF THE DISH

