

SHOPPING WORKSHOP

Today we will carry out a balanced shop



FUNDACIÓN
EROSKI

contigo



SCHOOL OF
NUTRITION



Energy to grow



Technical description

SPECIFIC TARGETS

- Develop a healthy menu based on the Mediterranean Diet and seasonal products.
- Gain autonomy and responsibility when it comes to shopping, controlling expenses and managing a budget.

KEY COMPETENCIES

- Linguistic communication.
- Competency in maths and basic competencies in science and technology.
- Digital competency.
- Learning how to learn.
- Social and civil competencies.
- Sense of initiative and entrepreneurial spirit.
- Cultural awareness and expression.

'Today we will carry out a balanced shop' workshop

- The children will be given a budget for their shopping and must look out for special offers.
- Supporting local and seasonal products: they must include seasonal products and items from local regional producers in their shopping baskets.
- Creating a daily menu: they will have to buy in view to creating a menu for the entire day (breakfast, morning snack, lunch, afternoon snack and dinner).

Workshop dynamic

1. Prior to the workshop

Teams will be formed, which have to carry out a shop in the supermarket together. Each team will have a colour and a marker to identify them (this is already done in the current workshop). As a new idea, we suggest that 5 groups are formed - one for each meal of the day (breakfast, morning snack, lunch, afternoon snack and dinner). Each group will be in charge of one of the meals and will be given a budget adapted to it.

2. Budget and shopping

It will be explained to the children that they have to prepare a daily menu for a family of 4. Later they will have 20 minutes to buy the products in their groups. The final menu must cover the following criteria:

- **Aligned with the nutritional pyramid (healthy and balanced)**
- **Feature local products**
- **Include seasonal products**
- **Have special-offer products.**
- **Within the budget.**

3. Assessing the shopping

The workshop leader will place all the groups around the nutritional pyramid in the supermarket. Each group will take it in turns to explain the foods chosen and put each product where it belongs in the corresponding scale on the nutritional pyramid.

The leader will check that the products are correctly positioned on the pyramid (as done in the current workshop).

Next, the shopping chosen will be assessed against the criteria established on the wall display and will be ticked off accordingly.