

Five senses

Pretend grocery shopping

Let's play and talk together

- ❖ Plan a pretend grocery-shopping trip with your child. Make a shopping list together of foods you both like to eat.
- ❖ Make up a story about going to the grocery store. Act out the story together.
 - Walk, drive or take the bus to the grocery store.
 - Get your basket or shopping cart.
 - Choose some ripe tomatoes. They're orangey-red. Look for spots.
 - Find some nice apples—red and green. Don't bruise them!
 - Choose some yogurt. What flavour would you like to try?
 - Pick up a carton of plain milk. Watch out, it's heavy. Brrr! It's cold - let's keep these foods cold so they don't spoil and make us sick.
 - Choose some whole grain bread. Let's get brown. Don't squish it!
 - Take the groceries to the checkout and put them on the counter.
 - Pay the cashier.
 - Load the food into some bags.
 - Take the groceries home.



Hints for success

- ❖ Invite your child to suggest some groceries to buy.
- ❖ Encourage your child to describe the actions you are doing, e.g. "I'm going to open the box of eggs and check for cracks."

You will need pencil and paper to make a list.

This activity will help your child develop imagination, plan ahead and learn how to make a list.

My favorite fruit is apples. Let's put them on the list. What's your favorite fruit?

What groceries do we need to make your favourite snack? Let's make a list!

Ways to say it

More ideas for Pretend grocery shopping

Try this way

- ❖ For toddlers, take the lead and encourage them to follow along with the actions.
- ❖ For older children, make shopping lists together for different foods. For instance:
 - What groceries will we need for pizza?
 - What foods will we need for a long hike in the forest?
 - What groceries should we get for our breakfast?
- ❖ Invite your child to help you on a real trip to the grocery store. Talk about how to act in the store, such as taking care to drive the cart safely.
- ❖ On your next trip to the store, invite your child to choose an interesting new fruit or vegetable to try together.



Music and movement

Choose some music with a good beat and without any words. Find a space where you can move around and do the actions together. Move to the beat while you act out your trip. Give cues and actions for your child to follow. Stay active and encourage lots of movement.

Play the song **Corner Grocery Store** by Raffi and learn to sing it together.

Book links

Eating the Alphabet by Lois Ehlert

I Will Never Not Ever Eat a Tomato
by Lauren Child

Safety tip

Find an open space to act out your shopping trip safely.