

## Assignment 4: Shopping Trip- Planning Sheet

### Instructions:

Visit a grocery store and mimic shopping for different sport nutrition situations. For each situation, you will find and take pictures of a product or products that would be a 'good choice' and a product or products that would be a 'bad choice'.

*'Good choice' product: A food or drink item that will meet the nutritional needs of an athlete for the specific situation.*

*'Bad choice' product: A food or drink item that will not meet the nutritional needs of an athlete according to the recommendations given in the course.*

*\*\*Note: 'Bad choice' products are not necessarily products that are deemed as unhealthy (chocolate bars) but also may be products that are typically deemed a healthy choice, but in the context of an athletic situation are not recommended for athletes. (such as a salad with oil based dressing 25 minutes before competing)*

You will then provide a reasoning which compares and contrasts the products for each. You will be designing a presentation in the form of a PowerPoint, video, or a Prezi. Use the following plan sheet to

1. Name of grocery store that you are planning on visiting: \_\_\_\_\_
2. Check **five** of the following situations to include in your presentation:

a) It is 9am and you have not eaten today. The competition time is at 1 pm.	
b) It is 2:30pm, and you have a game starting at 3pm	
c) You have a five minute break during your game, and you are feeling hungry	
d) It is 15 minutes after your game ended	
e) It is 6:30pm, one hour after your competition ended	
f) You are practicing for an hour and a half, and you know that you will need to stay hydrated.	
g) You are wanting to incorporate more protein into your diet	
h) It is 2 pm and you just finished one part of your game/competition and the next one starts in 45 minutes. You might have 3 more games/competitions today and will not get to the grocery store again.	

3. Before you go to the grocery store, complete the following chart to help you prepare.

Ideas for Good nutrition products	Ideas for Poor Nutrition choices	Specific nutrition details to look for:

4. Visit the grocery store of your choice. Select one 'good choice' product and one 'bad choice' product for each category that you have chosen. For each of your five categories, take a picture of the products side by side. Take a picture of the Nutrition Facts Table for each product.
5. Use the **Shopping Trip Checklists** to track your progress. Print out one checklist for each of your five categories and take them with you.
6. After you have completed your shopping trip, design a presentation in the form of a PowerPoint, video, or Prezi. You will then provide a reasoning which compares and contrasts the products for each.

Your presentation will include:

- A title page, which includes your name, your sport, and a picture of you in front of the grocery store of your choice.
- A slide for each situation. Each slide should include:
  - A picture of the products side by side
  - A picture of the Nutrition Facts table for each product
  - Reasoning/explanation of why one product is a better choice than the other product. Include information that pertains to the need of athletes and how the products either meet or don't meet those needs.

Note:

- You are not allowed to use the same product more than once. Also, when you are selecting products to compare, you must choose similar products (example: not a protein bar compared to a pizza)
- Two bonus marks will be given for students who can find items that the general public would think are 'healthy' that are bad for athletes OR items that the general public would think are 'unhealthy' but perhaps are good for athletes in certain situations....

## Category 1:

Shopping Trip Checklist: For Situation \_\_\_\_\_

Task	Picture taken? (place checkmarks when done)	Notes: (write any reasons or things you want to highlight about the nutritional product so you can include in your presentation)
Good Nutrition Item: _____		
Good Nutrition item (s): Nutritional label		
Poor Nutrition Item: _____		
Poor Nutrition item(s): Nutritional label		

## Category 2:

Shopping Trip Checklist: For Situation \_\_\_\_\_

Task	Picture taken? (place checkmarks when done)	Notes: (write any reasons or things you want to highlight about the nutritional product so you can include in your presentation)
Good Nutrition Item: _____		
Good Nutrition item (s): Nutritional label		
Poor Nutrition Item: _____		
Poor Nutrition item(s): Nutritional label		

### Category 3:

Shopping Trip Checklist: For Situation \_\_\_\_\_

Task	Picture taken? (place checkmarks when done)	Notes: (write any reasons or things you want to highlight about the nutritional product so you can include in your presentation)
Good Nutrition Item: _____		
Good Nutrition item (s): Nutritional label		
Poor Nutrition Item: _____		
Poor Nutrition item(s): Nutritional label		

#### Category 4:

Shopping Trip Checklist: For Situation \_\_\_\_\_

Task	Picture taken? (place checkmarks when done)	Notes: (write any reasons or things you want to highlight about the nutritional product so you can include in your presentation)
Good Nutrition Item: _____		
Good Nutrition item (s): Nutritional label		
Poor Nutrition Item: _____		
Poor Nutrition item(s): Nutritional label		

## Category 5:

Shopping Trip Checklist: For Situation \_\_\_\_\_

Task	Picture taken? (place checkmarks when done)	Notes: (write any reasons or things you want to highlight about the nutritional product so you can include in your presentation)
Good Nutrition Item: _____		
Good Nutrition item (s): Nutritional label		
Poor Nutrition Item: _____		
Poor Nutrition item(s): Nutritional label		