This sheet belongs to: .....

Porter Nutrition™

SHOPPING LIST

We buy our food from the shops. Big shops and little shops.
We use money to buy food. We make a list before we go

Write a shopping list with your grown up or get them to draw pictures of what you need and see if you can help find the things in the shops.

Note to grown ups

- The aim of this activity to to help engage children in another stage of food, not just eating. It can help them be willing to try new things.
- For little children pictures are helpful. If you tell them what they are, they can help find the item.
- Give them some choice if you can - even if it is just the shape of pasta you buy
- If you can't get to the shops, set up a shop with food you have at home

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