



## NUTRITION AND HYDRATION

# Lesson 7: A Trip to the Market

A bit of planning goes a long way to supporting healthy eating habits. In this lesson athletes will learn about meal planning and where to find foods in a market. **Consider inviting caregivers to participate in this lesson.**

### LEARNING OUTCOMES

- Athletes learn where to find healthy foods in their local market.
- Caregivers and athletes plan healthy meals and make a shopping list together.

### EQUIPMENT NEEDED

- [List of foods from Homeplay: Meal Planning Magic](#)
- 5-10 cones or beanbags
- Paper
- Marker
- Tape

### LESSON OUTLINE

20 MINUTES TOTAL	DESCRIPTION
3 minutes	Welcome and Gather
11 minutes	Grocery Games
3 minutes	Athlete Question of the Day
3 minutes	Closing



### WELCOME AND GATHER (3 minutes)

Greet athletes as they arrive. Invite athletes who arrive early to walk with their caregiver or teammate and talk about the foods they have eaten so far that day.

To begin the lesson, call everyone in with your designated signal.

Once athletes are gathered, introduce the Fitness through Sport lesson of the day. *Today's lesson is called 'A Trip to the Market!' and we will be taking an imaginary trip to the market. What are some of the different sections of the grocery store or market? We are going to see how well you know your way around the market!*



## GROCERY GAMES (11 minutes)

**Purpose:** Increase athlete knowledge and ability to locate foods in their local market.

### Set-Up:

Arrive early to set up the Grocery Games activity prior to the athletes arriving for the day.

- **Prepare Market Section Headings:** Prepare the headings for the activity by either printing the headings provided or writing on a piece of paper and attaching to a chair, cone or other object the athletes can easily see (see diagram).
- **Organize the Activity Space:** Following the diagram, organize the activity space by putting the grocery section header and 5-10 beanbags or cones at each station. You can modify the set up based on preference and space.

### Directions:

- *Split the team into pairs. If caregivers are present, athletes and their caregivers should be paired together.*
- *The objective of this game is to 'shop' for all the items on your shopping list. Each pair will be assigned a food item. Once assigned, the pair will run to the appropriate 'section' to pick up that food (beanbag or cone) and bring it back to me.*

**SHOPPING LIST:** Coaches are encouraged to modify the list of foods based on their region.

- Bakery – Pita bread, whole wheat bread, cinnamon bagel, croissant, naan bread
  - Dairy – Greek yogurt, 2% milk, cheddar cheese, low-fat sour cream, butter
  - Meat – Lean ground beef, chicken breast, salmon, lamb chop, pork chop
  - Produce – Romaine lettuce, carrots, apples, blueberries, broccoli florets
- Continue assigning Shopping List items to the pairs until a set time is up or all the items on the shopping list have been picked up from the stations. After each round, choose one food and ask the team which aisle it belongs in, as a review.
  - Use fewer foods/shorter rounds if this is a new concept to the athletes.
  - Repeat 2-3 times
  - Signal end of activity: ask the athletes which foods they weren't sure where to find.
  - *How will this activity help you the next time you go to the market?*

### Sample Diagram

**15 minutes**  
choose a set time/or after all  
cones found

**2-3x**  
repeat exercise



#### Options:

- This can be done as a stationary activity: instead of moving food items to their appropriate 'sections', say the name of a food and ask who knows which section of the grocery store that food can be found in. See the [Appendix](#) for more detailed instructions on the stationary activity.
- This can be done as a competition: challenge each pair to pick up the most items.
- Encourage pairs to try different movements when they are traveling to the different stations. For example, pairs can walk, hop on one foot, walk backwards, side shuffle, etc.



#### **ATHLETE QUESTION OF THE DAY** (3 minutes)

**What is one way you can help with grocery shopping or meal preparation?**

- Consider the demographics of the team and be aware that a variety of food preferences and access may exist within the group.
- Encourage healthier choices as foods to eat 'more often' or 'less often', rather than 'good or bad'.
- Remind athletes to add any new goals to their Weekly Habit Tracker.



## **CLOSING** (3 minutes)

Thank the athletes for their participation and effort. **Share one tip that you use when shopping and preparing meals.** Here are a couple of suggestions:

- *I like to cut up vegetables at the start of the week for an easy and healthy snack.*
- *Making dinner is easier and more fun when my partner and I work together. One of us makes the salad and the other makes the main course.*

### **Reminders:**

- [Homeplay: Meal Planning Magic](#) — *In this week's Homeplay activity, you will plan meals based on foods you like and create a shopping list so you have all the foods you need to make a healthy and delicious meal.*
- Share feedback and praise for effort and healthy habits you observed.

### **Coach Reflection:**

- What went well today?
- What did not go well today? What can be done differently?

## **SUPPORTING RESOURCES**

- [Homeplay: Meal Planning Magic](#)
- [Lesson 7: Grocery Games – Stationary Activity](#)
- [Fit 5 Guide](#)