

# FOODcents Curriculum Activities

## Years 4-10 Teaching and Learning Opportunities



Activity Name	Health & Physical Education	The Arts	English	Language Other Than English	Mathematics	Science	Society & Environment	Technology & Enterprise
The 10 Plan	✓				✓			
KILOcents Counter					✓			
Convenience can cost money			✓		✓			
Calculating the cost per kilogram					✓			
Weighing					✓			
Supermarket map & supermarket visit			✓		✓			

The following table details the links to the curriculum framework

Relevant Learning Areas	Relevant Strands
Health & Physical Education	<ul style="list-style-type: none"> <li>• Concepts for a Healthy Lifestyle</li> <li>• Interpersonal Skills</li> </ul>
English	<ul style="list-style-type: none"> <li>• Speaking &amp; Listening</li> <li>• Viewing</li> <li>• Writing</li> </ul>
Mathematics	<ul style="list-style-type: none"> <li>• Working Mathematically</li> <li>• Number</li> </ul>



# The 10 Plan

Food money should be spent in the same way as you balance the foods in your diet. Complete the following activity to find out how your food money should be spent.

Your family spends \$200 on food each week. This includes the food in the weekly grocery bill, take-away food and the food you buy from the school canteen.

## FIRST STEP:

Divide this amount by 10 to give you a 'part'  
eg. \$200 per week divided by 10 = \$20 per 'part'

## SECOND STEP:

On the 10 Plan below, write the amount your family should spend in each section.

- **EAT LEAST**

### 1 PART

\$20 x 1 = ..... to spend on margarine, oils and 'extras'.  
These normally cost around \$10-15 per kg.

- **EAT MODERATELY**

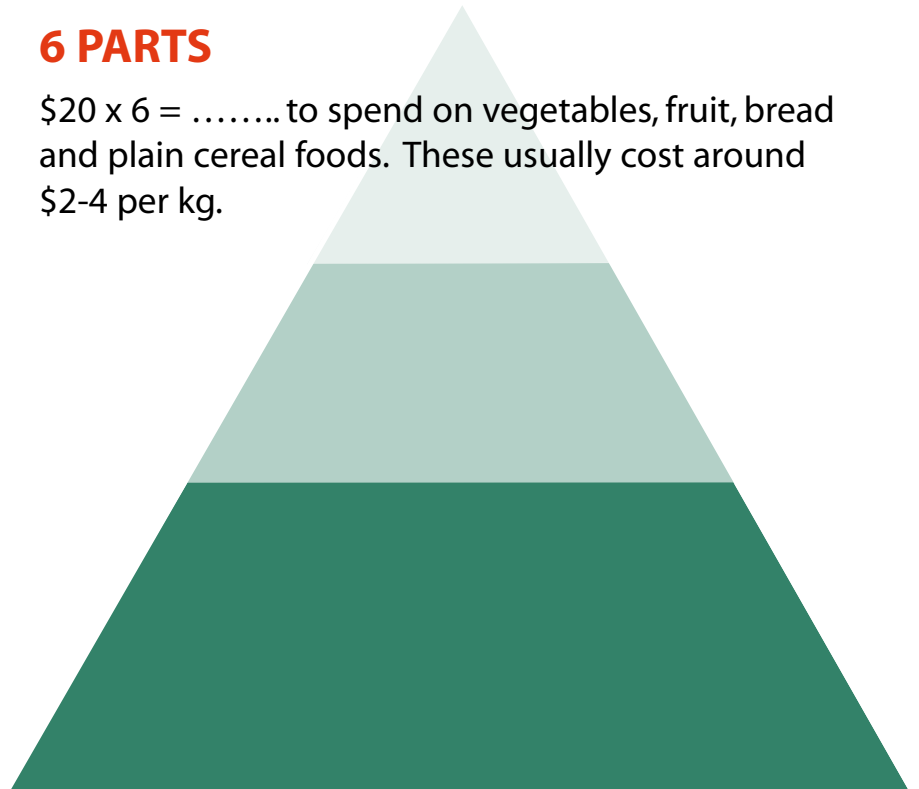
### 3 PARTS

\$20 x 3 = ..... to spend on lean meat (including chicken and fish), milk and milk foods. These usually cost around \$5-9 per kg.

- **EAT MOST**

### 6 PARTS

\$20 x 6 = ..... to spend on vegetables, fruit, bread and plain cereal foods. These usually cost around \$2-4 per kg.



# KILOcents Counter

Use the KILOcents Counter to check the price of foods per kilogram. You can then decide if it is good value for money.

Use the KILOcents Counter to calculate the cost per kilogram of a 180 gram packet of dried apples that costs \$2.53.

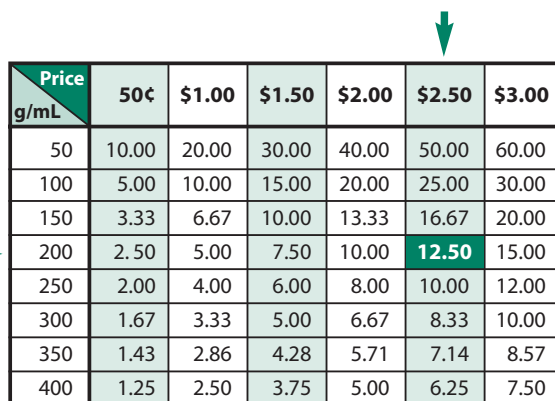
1. Round off the price to the nearest 50 cents.

\$2.53 becomes \$2.50

2. Round off the weight to the nearest 50 grams.

180 grams becomes 200 grams

3. Run your fingers down the \$2.50 column until it hits the 200 gram row – the cost of dried apples is \$12.50 per kilogram.



Price g/mL	50¢	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00
50	10.00	20.00	30.00	40.00	50.00	60.00
100	5.00	10.00	15.00	20.00	25.00	30.00
150	3.33	6.67	10.00	13.33	16.67	20.00
200	2.50	5.00	7.50	10.00	12.50	15.00
250	2.00	4.00	6.00	8.00	10.00	12.00
300	1.67	3.33	5.00	6.67	8.33	10.00
350	1.43	2.86	4.28	5.71	7.14	8.57
400	1.25	2.50	3.75	5.00	6.25	7.50

KILOcents Counter

Price g/mL	50¢	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00	Price g/mL
50	10.00	20.00	30.00	40.00	50.00	60.00	70.00	80.00	90.00	100.00	50
100	5.00	10.00	15.00	20.00	25.00	30.00	35.00	40.00	45.00	50.00	100
150	3.33	6.67	10.00	13.33	16.67	20.00	23.33	26.67	30.00	33.33	150
200	2.50	5.00	7.50	10.00	12.50	15.00	17.50	20.00	22.50	25.00	200
250	2.00	4.00	6.00	8.00	10.00	12.00	14.00	16.00	18.00	20.00	250
300	1.67	3.33	5.00	6.67	8.33	10.00	11.67	13.33	15.00	16.67	300
350	1.43	2.86	4.28	5.71	7.14	8.57	10.00	11.43	12.86	14.28	350
400	1.25	2.50	3.75	5.00	6.25	7.50	8.75	10.00	11.25	12.50	400
450	1.11	2.22	3.33	4.44	5.56	6.67	7.78	8.89	10.00	11.11	450
500	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00	10.00	500
550	0.91	1.82	2.73	3.64	4.54	5.45	6.36	7.27	8.18	9.09	550
600	0.83	1.67	2.50	3.33	4.17	5.00	5.83	6.67	7.50	8.33	600
650	0.77	1.54	2.31	3.08	3.85	4.61	5.38	6.15	6.92	7.69	650
700	0.71	1.43	2.14	2.86	3.57	4.28	5.00	5.71	6.43	7.14	700
750	0.67	1.33	2.00	2.67	3.33	4.00	4.67	5.33	6.00	6.67	750
800	0.62	1.25	1.87	2.50	3.12	3.75	4.37	5.00	5.62	6.25	800
850	0.59	1.18	1.76	2.35	2.94	3.53	4.12	4.70	5.29	5.88	850
900	0.55	1.10	1.67	2.22	2.78	3.33	3.89	4.44	5.00	5.56	900
950	0.53	1.05	1.58	2.10	2.63	3.16	3.68	4.21	4.74	5.26	950
1000	0.50	1.00	1.50	2.00	2.50	3.00	3.50	4.00	4.50	5.00	1000

# KILOcents Counter Supermarket Worksheet

## Convenience can cost money

Use the KILOcents Counter to compare the costs of basic foods and ingredients with the cost of "convenience" foods.

Breakfast Cereals	Type	Sugar per 100 g
\$ _____ /kg	_____	_____

\$ _____ /kg	_____	_____
--------------	-------	-------

Sliced Bread	Type	Number of slices/loaf
\$ _____ /kg	_____	_____

\$ _____ /kg	_____	_____
--------------	-------	-------

Biscuits	Type
\$ _____ /kg	_____

\$ _____ /kg	_____
--------------	-------

\$ _____ /kg	_____
--------------	-------

\$ _____ /kg	_____
--------------	-------

Fresh Apple	Lollies (Type)	Chocolate (Type)
\$ _____ /kg	\$ _____ /kg	\$ _____ /kg

Muetsi bar	Lollies (Type)	Chocolate (Type)
\$ _____ /kg	\$ _____ /kg	\$ _____ /kg



# KILOcents Counter

## Supermarket Worksheet continued

Fruit and vegetable are nutritious and good value for money, especially when in season. Choose them instead of less healthy meals and snack.



**Fresh Potatoes**

\$ \_\_\_\_\_ /kg

**Frozen Oven Fried Potatoes**

\$ \_\_\_\_\_ /kg

**Potato Crisps**

\$ \_\_\_\_\_ /kg

**Fresh Carrots**

\$ \_\_\_\_\_ /kg

**Frozen Carrots**

\$ \_\_\_\_\_ /kg

**Canned Carrots**

\$ \_\_\_\_\_ /kg

**Fresh Tomatoes**

\$ \_\_\_\_\_ /kg

**Canned Tomatoes**

\$ \_\_\_\_\_ /kg

**Fresh Apples**

\$ \_\_\_\_\_ /kg

**Number of Apples/kg**

\$ \_\_\_\_\_ /kg

**Canned Apples**

\$ \_\_\_\_\_ /kg

### Best Buy!

The cheapest fruit today is \_\_\_\_\_ \$ \_\_\_\_\_ /kg

The cheapest vegetable today is \_\_\_\_\_ \$ \_\_\_\_\_ /kg

**Sultanas**

\$ \_\_\_\_\_ /kg

**Dried Apricots**

\$ \_\_\_\_\_ /kg

**Fruit "Roll Ups"**

\$ \_\_\_\_\_ /kg

People often say its too expensive to eat a healthy diet but it all depends on priorities. Eating a healthy diet means spending at least half your food budget on fruits, vegetables, breads, cereals, and grains. You can buy more of these foods when you spend less on foods such as biscuits, lollies, cordial, sugary breakfast cereals, take-aways and convenience foods.

# Calculating the cost per kilogram

Calculate the cost per kilogram/litre of the following foods.

**\$1.13/600 mL**

---



**MILK**

\$ /kg

**\$2.73/300g**

---



**SKIM MILK POWDER**

\$ /kg

**\$2.95/330g**

---




**FRUIT BREAD**

\$ /kg

**\$1.42/130g**

---



**CRACKERS**

\$ /kg

**\$1.31/kg**

---




**FLOUR**

\$ /kg

**\$5.95/430g**

---



**BISCUITS**

\$ /kg

**\$3.13/700g**

---




**BREAD**

\$ /kg

**\$2.22/450g**

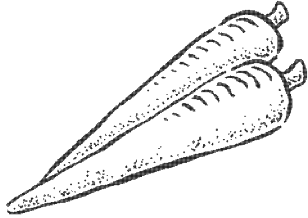
---



**SUGAR**

\$ /kg

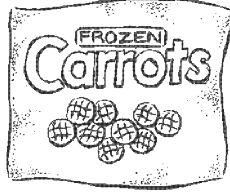
**\$0.70/500g**



**CARROTS**

**\$ /kg**

**\$2.43/500g**



**FROZEN  
CARROTS**

**\$ /kg**

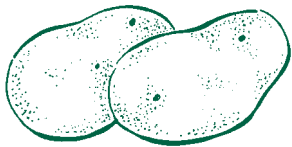
**\$1.87/500g**



**SPAGHETTI**

**\$ /kg**

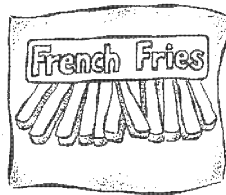
**\$1.69/kg**



**POTATOES**

**\$ /kg**

**\$2.85/750g**



**FRENCH  
FRIES**

**\$ /kg**

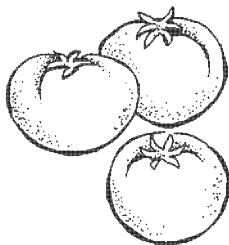
**\$1.38/130g**



**INSTANT  
PASTA MEAL**

**\$ /kg**

**\$2.89/kg**



**TOMATOES**

**\$ /kg**

**\$1.21/400g**



**CANNED  
TOMATOES**

**\$ /kg**

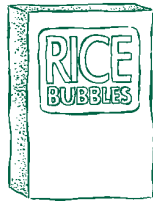
**\$2.11/570g**



**PASTA SAUCE**  
Tomato-based

**\$ /kg**

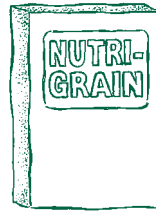
**\$4.71/530g**



**RICE  
BUBBLES®**

**\$ /kg**

**\$4.51/345g**



**NUTRI-GRAIN®**

**\$ /kg**

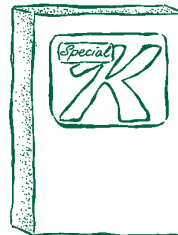
**\$7.57/785g**



**COCO POPS®**

**\$ /kg**

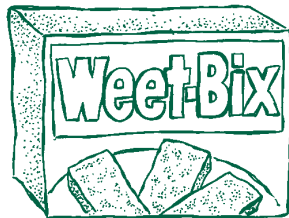
**\$6.23/630g**



**SPECIAL K®**

**\$ /kg**

**\$3.70/750g**



**WEETBIX®**

**\$ /kg**

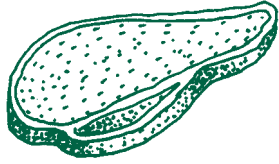
**\$1.11/750g**



**ROLLED OATS**

**\$ /kg**

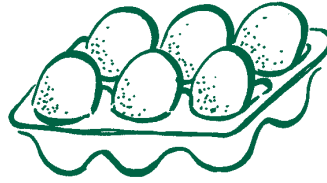
**\$5.50/500g**



**STEAK**

**\$ /kg**

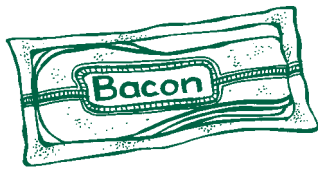
**\$3.49/600g**



**EGGS**

**\$ /kg**

**\$4.33/225g**



**BACON**

**\$ /kg**

**\$3.93/175g**



**HAM**

**\$ /kg**

**\$2.21/175g**



**POLONY**

**\$ /kg**

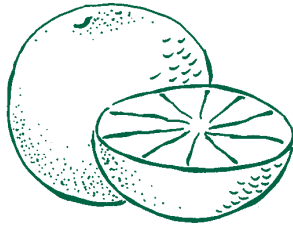
**\$1.28/425g**



**BAKED  
BEANS**

**\$ /kg**

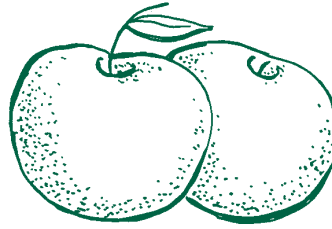
**\$2.99/kg**



**ORANGES**

**\$ /kg**

**\$2.99/kg**



**APPLES**

**\$ /kg**

**\$3.33/304g**



**CAKE MIX**

**\$ /kg**

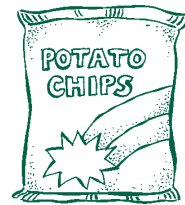
**\$3.86/250g**



**CHOCOLATE**

**\$ /kg**

**\$3.32/200g**



**POTATO  
CRISPS**

**\$ /kg**

**\$2.54/200g**



**DRIED  
APRICOTS**

**\$ /kg**

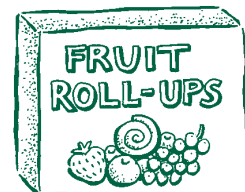
**\$3.39/250g**



**MUESLI  
BARS**

**\$ /kg**

**\$4.03/90g**



**FRUIT  
ROLL-UPS®**

**\$ /kg**

Name \_\_\_\_\_ Date \_\_\_\_\_



# Weighing



**In pairs, estimate (guess) how much of each of the following weighs:**

**Remember 1000 grams (g) = 1 kilogram (kg)**

Food	Estimation (grams)	Answer (grams)

Would you use grams or kilograms to measure the following?

A toothbrush \_\_\_\_\_

100 apples \_\_\_\_\_

2 pencils \_\_\_\_\_

A bag of flour \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Supermarket Map

Store name \_\_\_\_\_

Your name \_\_\_\_\_ Date \_\_\_\_\_

Draw a map of the supermarket that you are visiting. Make sure that you mark on your map where the following foods are located:

- |                              |                      |
|------------------------------|----------------------|
| ✓ Fresh fruit and vegetables | ✓ Cakes/biscuits     |
| ✓ Frozen food – vegetables   | ✓ Chocolates/rollups |
| ✓ Canned vegetables          | ✓ Rice/pasta – plain |
| ✓ Canned fruit               | ✓ Rice/pasta – meals |
| ✓ Dried fruit                | ✓ Sugar/flour        |
| ✓ Bread                      | ✓ Cake mixes         |



# Student Assessment of Tour

Name \_\_\_\_\_ Date \_\_\_\_\_

**Think about your supermarket tour when you answer the following**

Explain in your own words what the FOODcents Tour is all about

---

---

---

---

Write two new things that you learned on the FOODcents Tour

---

---

Write down one thing that you remember most from your FOODcents Tour

---

---

What did you find easy? \_\_\_\_\_

What did you find difficult? \_\_\_\_\_

Write one thing that you will tell your parents about the FOODcents Tour

---

---



# FOODcents supermarket tour – information for parents

Date \_\_\_\_\_

Dear Parent

The Department of Health's annual school's *Fruit 'n' Veg Week* aims to increase children's consumption of fruit and vegetables by creating positive attitudes towards these foods.

This year, *Fruit 'n' Veg Week* (17-21 May) focuses on value for health and value for money. We are planning a FOODcents supermarket tour to provide students with the skills they need to assess the 'value' of the foods in their diet.

The FOODcents supermarket tour will provide students with the opportunity to::

- Learn skills that will help them make healthy food choices
- Identify best value-for-money choices within and between food product groups
- Read the information on food labels and use this to help make food choices
- Understand the additional cost of processing, packaging and advertising foods.

The details of our class' FOODcents supermarket tour are:

Venue: \_\_\_\_\_

Date and time: \_\_\_\_\_

Parents are also invited to come along and help out with the tour! Please complete the permission slip below and return by (insert date).

Thank you.

(insert teacher's name)



---

## FOODcents supermarket tour

- I give permission for my child/children to attend the FOODcents supermarket tour.
- I do not give my child/children permission to attend the FOODcents supermarket tour.

Name of child/children: \_\_\_\_\_

- I am interested in helping out with the tour.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

