

SHOPPING BASKET*

- learn what is healthy from the right products

The aim of the 'Shopping Basket' exercise is to tackle dietary advice in a practical, tangible way. Participants are presented for example with four baskets with different food themes. There might be a basket with the focus on fats, another with fruit and vegetables, a third with carbohydrates and fibre and a fourth with drinks. This exercise enables participants to check food labels and compare items in the baskets. Participants choose the baskets they want to check out, which they can do together or alone. If the educator so wishes, he/she can place various task sheets in the basket.



Minimum 30 minutes



Four food posters

Four baskets/ boxes, scales, knife, chopping board. Good table space for the baskets

Food bought with inspiration from the shopping list, but many other things could be used depending on the focus

Each basket should also contain a folder about local diet recommendations



Individual

In pairs (person beside)



Link to Diet recommendations

A little preparation time is needed for buying items

* Source: Karin Lykke Iversen

STEP BY STEP

1. The educator introduces the aim of the exercise: To actively opt for healthy food.
2. Place the baskets with items reflecting the theme on the table.
3. The educator introduces the exercise by saying that this is an exercise in which participants themselves decide which baskets they want to spend time on but about 30 minutes are available for investigation. Participants can choose to be in pairs or alone. The educator goes around the participants to answer questions but participants can also ask each other. Pick up the items, take a good look at them and touch them.
4. The educator takes participants round to inspect individual baskets and comments briefly on the content of individual baskets and what participants can do.
5. At the basket with items containing fats, the educator might for example say: "In this basket I have collected things containing fats. Here you can try comparing the fat content of the various items. Take a good look at the food label. Find items with good and bad fat levels. Think about the products you buy yourselves and eat routinely and whether some products could be replaced by others."
6. To the basket with fruit and vegetables, the educator might suggest that participants weigh the various vegetables and fruit and see how much is needed to match the recommendation for 600 gram a day. Participants can think about the fruits and vegetables they eat themselves. They can try to gather the same amount and weigh it (some could be cut into pieces).
7. At the basket with carbohydrates, it is important to check the fibre and /or sugar content in items. Participants can divide the items according to how much sugar and how much dietary fibre they think the products contain.
8. At the basket with soft drinks, participants should check the product labels. Participants could pour 100 g of water into a glass to see how much it is. Participants can guess how many sugar lumps the various drink products contain.
9. After 30 minutes, the educator can round off the exercise by calling the participants together and asking whether they have been inspired to eat differently.