

Special Topics

Grocery Shopping

○ Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Grocery Shopping DVD.
3. Close with an activity and/or closing discussion questions.

Opening Discussion Questions: (Options)

- Are you ever overwhelmed by the amount of choices at the grocery store?
- Have you noticed that you buy more at the store when you are hungry?
- Do you read labels at the store?
- Do you typically make a grocery list?

Activities after DVD: (Optional)

Materials Needed: Food array handout & coaches key. Make copies of the food array handout for participants at the end of this handout.

Coach: Follow instructions on the coach's key to instruct activity.

Closing Discussion Questions: (Options)

- Did you learn anything that surprised you about the grocery store?
- How has your grocery shopping changed since you have been following the Curves plan?
- What will you change about the way you shop after watching the DVD?



Curves

Tenderloin
Cottage Cheese
Tuna
Skim Milk
Shrimp
Salmon
Pork Loin
Turkey
Curves Shake
Yogurt
Black Beans
Eggs
Chicken Breast
Scallops
Peanut Butter
Sunflower Seeds
Walnuts
Cashews
Olive
Pistachios
Olive Oil
Canola Oil
Almonds
Avocado
Flaxseed
Omega-3
Sesame Oil
Bell Pepper
Tomato
Sweet Potato
Green Beans
Endive
Asparagus
Carrots
Spinach
Cucumber
Bokchoy
Garlic
Onion
Zucchini
Mushroom
Beets
Bulgur
Mango
Brown Rice
Apple
Oatmeal
Quinoa
White Rice
Hotdog
Cheeseburger
French Fries
Cookie
Butter
Soda
Whole Wheat Pasta
Watermelon
Banana
Orange
Peach
Buckwheat
Corn Cereal
Hamburger Bun
Tortilla
Pasta
7 Grain Bread
White Bread
Doughnuts
Ice Cream
Milk Chocolate
Bacon
Brownies
Waffle
English Muffin
Honey Wheat Bread
Pancakes
Pancakes
Pancakes



—○ **Food Array Game Coach's Key**

1. Give participants two minutes to circle every food that they have eaten in the past few days.
2. After they have finished circling their foods ask everyone to fold their paper into six sections as shown above.
3. The sheet is divided as follows. This activity will prompt your participants to think about what types of foods they are currently eating.

- **Upper Left:** Lean Proteins
- **Upper Middle:** Healthy Carbohydrates (Whole Grains, Fruits)
- **Upper Right:** Healthy Fats
- **Lower Left:** Junk Food
- **Lower Middle:** Refined Carbohydrates
- **Lower Right:** Vegetables



Curves