






















Test Your Shopping Skills

			
Proteins			
Fruits			
Vegetables			
Dairy			
Grains			
Other			



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Category: Protein



What is the most expensive source of protein?

- a) Eggs
- b) Ground beef
- c) Dried beans
- d) Canned beans
- e) Peanut butter

Category: Dairy



True or false?

Buying a block of cheese and shredding it yourself is always cheaper than buying pre-shredded cheese.

- a) True
- b) False

Category: Protein



From the types of chicken below, what is the most nutritious, yet economical choice?

- a) Chicken nuggets
- b) Pre-cooked chicken breasts
- c) Split chicken breasts
- d) Boneless, skinless chicken breasts

Category: Dairy



Which of the following types of milk is both the cheapest and most nutritious?

- a) Whole milk
- b) 2% (Reduced fat) milk
- c) 1% (low fat) milk
- d) Skim (nonfat) milk

Category: Protein



True or false?

Buying the lowest cost ground beef is a good choice if you can brown the beef and rinse it under warm water before serving.

- a) True
- b) False

Category: Dairy



True or false?

It's always more expensive to buy milk at a convenience store than at a grocery store, so it's not worth the saving time if you are in a hurry.

- a) True
- b) False

Adapted from Iowa State University Extension and Outreach, <http://www.extension.iastate.edu/foodsavings/page/test-your-shopping-skills>.



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Category: Fruit



Which of the following apple choices is the most economical way to get a serving of fruit?

- a) A 25-oz. jar of applesauce
- b) A six-pack of individual applesauce cups (4 oz. each)
- c) Pre-cut apple slices in individual packets
- d) A whole, small apple

Category: Grains



If you need bread, what is the most economical way to buy it?

- a) Buy day-old bread
- b) Buy bread in bulk when on sale (and freeze extra loaves)
- c) Make your own bread
- d) All of the above

Category: Fruit



Which of the following should you do to have fruit available all week long?

- a) Buy only fresh fruit – it's the healthiest choice
- b) Buy a mixture of fresh and canned or frozen fruit to last the whole week
- c) Buy 1-2 kinds of fresh fruit and eat it at the beginning of the week

Category: Grains



True or false?

Bread that is labeled "wheat bread" is more nutritious than white bread.

- a) True
- b) False

Category: Fruit



True or false?

Frozen fruit is a good option for smoothies or parfaits when fresh fruit is not available or in season.

- a) True
- b) False

Category: Grains



If you had less than 2 minutes to prepare breakfast, which of the following choices could you make?

- a) Scrambled eggs, toast, and milk
- b) Instant oatmeal, fruit, and milk
- c) Granola bar, a piece of fruit, and milk
- d) All of the above

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Category: Vegetables

True or false?

It is always a good idea to purchase large quantities of a vegetable when it is in season to save money.

- a) True
- b) False

Category: Other

The most common type of food bought as an “impulse buy” at the grocery store is:

- a) Fresh fruit
- b) Sweets and candy
- c) Frozen dinner entrées
- d) Salty snacks

Category: Vegetables

Which of the following ideas makes the most sense in encouraging your family to eat vegetables?

- a) Buy fresh vegetables that are in-season
- b) Microwave frozen vegetables and sprinkle with cheese before serving
- c) Buy packages of veggies such as baby carrots or celery sticks for quick snacks
- d) All of the above

Category: Other

True or false?

Even though “snack foods” like chips, candy, and soda are not as nutritious as fresh fruit, veggies, or yogurt, they are cheaper when you need a quick snack.

- c) True
- d) False

Category: Vegetables

True or false?

Bagged lettuce always costs more than a head of lettuce.

- a) True
- b) False

Category: Other

How much money can someone who drinks one 12-ounce cup of regular coffee every day save by brewing their coffee at home instead of buying it from a restaurant?

- a) \$50 per year
- b) \$100 per year
- c) \$200 per year
- d) \$300 per year

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