

## ANSWER KEY for Test Your Shopping Skills Game

### Category: Protein



What is the most expensive source of protein?

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

Eggs – \$0.13 per egg  
Ground beef - \$0.25 per ounce  
Dried beans - \$0.04 per 1/4 cup  
Canned beans - \$0.12 per 1/4 cup  
Peanut butter - \$0.07 per Tbsp.

### 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**

*Shredded cheese can be more cost-effective if it is on sale; plus, shredded cheese has a longer shelf-life than cheese you shred at home.*

### 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

*Be sure to remove the skin before eating to reduce fat intake.*

### 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**

*They all cost the same, but skim milk has the least fat.*

### 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**

*Sometimes milk is on special and is actually cheaper. Just be careful to avoid impulse buys at the convenience store!*

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



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCES



### 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

*The whole fruit also has more fiber and other nutrients.*

### 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

*Look for "100% whole wheat" or the word "whole" on the label for it to be a more nutritious choice.*

### 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

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



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCES



### 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**

*Buy only the amount of fresh vegetables you will use before they spoil.*

### 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

*According to a 2011 survey from the UK, sweets and chocolate are at the top of unplanned grocery purchases.*

### 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**

*Save even more money by cutting up the veggies yourself.*

### 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**

*Most fresh fruit & veggies are cheaper than a small bag of chips, a candy bar, or a 20-oz. soda. A 6-oz. yogurt is about 60¢.*

### Category: Vegetables

True or false?

Bagged lettuce always costs more than a head of lettuce.

- a) True
- b) False**

*While bagged lettuce **usually** costs more than a head of lettuce, look for managers’ specials on bagged lettuce near its expiration date to save money.*

### 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**

*Brewing coffee at home is about 16 cents per 12-ounce cup, compared to \$1 per 12-ounce cup at McDonald’s.*

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



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES  
COLLEGE OF EDUCATION AND  
HUMAN ECOLOGY  
FAMILY AND CONSUMER SCIENCES