

Health & Nutrition First Quarter Project

Presentation in class Due March 3rd

Go to Trader Joes or Henry's or another health food store that sells groceries (*or order on the Internet for best pricing*). Buy 10 things you will either eat or use for personal care products. Choose the healthiest version of that product available, organic when possible.

Save your receipt

Go to a standard grocery store like Vons, Stater Bros, Ralph's, Wal Mart, etc. Buy the same 10 comparable items.

Compare the prices on the two receipts

Eat or use the products. Compare the taste difference or the usage difference (if a personal care product)

Prepare a visual display such as a poster board or tri fold board demonstrating your findings. Comment on the items. What did you like/not like about them? How did they compare price wise? Would you buy that same item again?

Be prepared to discuss this in front of the class and be ready to answer questions.

Please turn in a 1-2 page paper discussing your findings.

Some Examples: Kraft Macaroni & Cheese compared to Annie's Macaroni & Cheese. Organic milk vs. conventional milk. An organic apple vs a non organic apple of the same variety. Try to choose a variety & get a feel for which products you prefer and which ones are better for you. Even a *healthy* candy bar (Trader Joes organic dark chocolate bar) vs. a Hershey's if you like chocolate or some other healthy dessert vs. a conventional one. A shampoo or deodorant or hand lotion without synthetic ingredients vs. one with lots of unpronounceable ingredients. Read your labels, be sure the "healthy" choice is really healthy, and don't believe something just because it says "all natural" on the label.