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# Hunger Attack

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## ASSESSMENT ONE:

- **Knowledge**
  - T / F Making food at home is usually cheaper than buying food out.
  - T / F Unit pricing makes it easier to compare the cost of different sizes of the same item.
  - T / F Snacks are cheapest at convenience stores.
  
- **Comprehension**
  - Explain five ways I can save money when eating out.
  - Explain five ways I can save money at the grocery store.
  
- **Application**
  - What are the reasons for bringing snacks to school?
  
- **Analysis**
  - Identify five different factors that could influence teen's food buying habits? Analyze how these factors relate to eating healthy and saving money.
  
- **Synthesis**
  - Develop two healthy and inexpensive food plans, one for your typical school day and one for your typical Saturday or Sunday. Include breakfast, lunch, dinner, snacks, and beverages. Also, explain in a sentence or two why you chose each of the items on your menus.
  
- **Evaluation**
  - Take a minute to think about food buying habits and decide if you make healthy and money wise shopping decisions. Explain and support your answer in a short paragraph.
  - How can you use the information you learned in *Hunger Attack* to help your family make healthy and inexpensive food buying decisions? Explain?
  - Why do people eat out of habit? Identify and evaluate two situations when you eat out of habit.



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## ANSWER KEY FOR ASSESSMENT ONE:

- **Knowledge**

- TRUE Making food at home is usually cheaper than buying food out.
- TRUE Unit pricing makes it easier to compare the cost of different sizes of the same item.
- FALSE Snacks are usually more expensive at convenience stores.

- **Comprehension**

- Teens can save money when eating out by:
  - ◆ Sharing a meal with a friend
  - ◆ Taking advantage of early bird specials
  - ◆ Using restaurant coupons
  - ◆ Participating in loyal customer clubs
  - ◆ Bringing food to a park or a friend's house
  - ◆ Avoiding vending machine foods
  - ◆ Asking for a glass of water rather than buying a beverage
  - ◆ Selecting less expensive restaurants
- Teens can save money at the grocery store by:
  - ◆ Using unit pricing
  - ◆ Shopping when not hungry
  - ◆ Shopping when the store is not crowded
  - ◆ Shopping alone
  - ◆ Using coupons wisely
  - ◆ Making and using a shopping list
  - ◆ Buying foods on sale
  - ◆ Buying fruits and vegetables in season
  - ◆ Choosing foods with less packaging
  - ◆ Buying in bulk
  - ◆ Buying store brands
  - ◆ Comparing ingredients and Nutrition Fact labels



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- **Application**

- It is a good idea for teens to bring their own snacks to school because:
  - ◆ Vending machines and convenience stores are usually more expensive
  - ◆ Most of the food in vending machines and at convenience stores are high in sugar, fat and calories
  - ◆ More healthy options are available when I pack my own snacks from home

- **Analysis**

- Some factors that could influence teen's food buying habits are:
  - ◆ Personal preferences
  - ◆ Customs and traditions
  - ◆ Convenience
  - ◆ Price
  - ◆ Time
  - ◆ Special occasions or events (parties, holidays, etc.)
  - ◆ Hunger
  - ◆ Location (home, with friends, vacations, etc.)
  - ◆ Health considerations
  - ◆ Religious preferences
  - ◆ Availability of food (seasonal foods, transportation)
  - ◆ Habits
  - ◆ Food purchasing skills
  - ◆ Food preparation skills
- Does the teen provide logical reasons and explanations for their analysis?

- **Synthesis**

- Did the teen create two food plans, one for a weekday and a weekend day?
- Does the teen provide a short description about why they choose the food items they did?
- Does the teen provide logical reasons and explanations for their response?

- **Evaluation**

- Does the teen provide logical reasons and explanations for their response?

# Hunger Attack



## ASSESSMENT TWO:

**Things I picked up:**

	Before doing the <i>Hunger Attack</i> Unit			After doing the <i>Hunger Attack</i> Unit		
	Not at All	A Little	Pretty Well	Not at All	A Little	Pretty Well
I look for special offers at the places I like to eat						
I track how much I spend on food each week						
I use vending machines to buy beverages or food						

**Fact or Fiction?**

	Before doing the <i>Hunger Attack</i> Unit			After doing the <i>Hunger Attack</i> Unit		
	Fact	Fiction	Not Sure	Fact	Fiction	Not Sure
Snacks can be healthy and inexpensive						
Food from a vending machine costs less than food from most other sources						
A good time to go grocery shopping is after I have eaten						
Food displayed on the end aisle is always on sale						
Food displayed on the bottom shelves usually costs more than food at eye-level						



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**1. These are some things I liked most about this Teen Guide and Activities:**

**2. The most important things I learned are:**

**3. I will use what I learned by...**

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## ANSWER KEY FOR ASSESSMENT TWO:

Fact or Fiction?	Fact	Fiction
Snacks can be healthy and inexpensive	X	
Food from a vending machine costs less than food from most other sources		X
A good time to go grocery shopping is after I have eaten	X	
Food displayed on the end aisle is always on sale		X
Food displayed on the bottom shelves usually costs more than food at eye-level	X	



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## ASSESSMENT THREE:

- T F 1. Unit pricing is used to compare similar types of food.
- T F 2. If you make a pizza at home and it costs \$5 to make and has 10 servings, the cost per serving is \$0.50.
- T F 3. Foods placed on the lower shelves in the grocery store usually cost less than foods at eye level.
- T F 4. Store brands are similar in quality to national brands.
- T F 5. Small packages of food are usually a better buy than larger packages.
- T F 6. It is best to go grocery shopping when you are hungry.
- T F 7. Comparing the following two bottled waters, B is the best buy.

### Label A

Bottled Water		
12 pk/ 16.9 fl oz bottles	\$2.99	\$0.05 cents per ounce

### Label B

Bottled Water		
6 pk/ 1 liter bottles	\$2.99	\$0.03 cents per ounce

- T F 8. If you buy a drink that has 8 grams of sugar per serving, and you drink two servings, you will consume a total of 4 teaspoons of sugar.
- T F 9. The following are different ways sugar can be listed on a food label: high fructose corn syrup, honey, lactose, and brown sugar.
- T F 10. In the grocery store, the food displayed at the end of the aisle is always on sale.



## Hunger Attack

### ANSWER KEY FOR ASSESSMENT THREE:

1. **True** Unit pricing is used to compare similar foods such as different sizes of the same type product.
2. **True** To find the cost per serving, divide the total cost of the food by the number of servings. In this example, divide \$5 by 10 servings to learn that the cost per serving is \$0.50
3. **True** Since more food is sold at eye level than from the lower shelves, retailers place less expensive products on the lower shelves.
4. **True** Store brands are generally the same quality as national brands. An advantage to store brands is that they usually cost less than national brands.
5. **False** As a general rule, larger packages of food are usually the better buy. However, if a large package of food cannot be used up before it spoils, it may be more economical to buy the smaller package.
6. **False** When you're hungry food looks more tempting. So, if you go food shopping when you're hungry you'll usually buy more food.
7. **True** In this example, B is the better buy. The unit price for product B is 3 cents/oz; product A costs 5 cents/oz.
8. **True** To learn the number of teaspoons of sugar in a serving of food or beverage; divide the grams of sugar by 4. There are 4 grams of sugar per teaspoon. In this example there would be 2 teaspoons of sugar per serving (8 grams sugar divided by 4). Since two servings were consumed, there would be a total of 4 teaspoons of the sugar (2 teaspoons X 2 servings)
9. **True** Sugar goes by many names including high fructose corn syrup, honey, any ingredient ending with -ose (lactose) and brown sugar.
10. **False** Retailers place food at the end of the aisle so it's easy to see. It may or may not be on sale.