NEWS BREAK

Article: How to grocery shop wisely for the coronavirus pandemic

Section: THE MIX, E10

Sunday’s News Break selects an article from Sunday, March 29, 2020 of The Seattle Times print replica for an in-depth reading of the news. Read the selected article and answer the attached study questions.

You are encouraged to modify this lesson to fit the needs of your students. For example, some teachers might use this as a take-home assignment and others might read and answer the questions in a small group or larger, class discussion.

*Please be sure to preview all NIE content before using it in your classroom to ensure it is appropriate for all of your students.

Standards:

CCSS.ELA-Literacy.RI.4.1

- Refer to details and examples in a text when explaining what the text says explicitly and when drawing inferences from the text.

CCSS.ELA-Literacy.RI.4.2

- Determine the main idea of a text and explain how it is supported by key details; summarize the text.

Objectives:

Students will talk about how their family is handling the groceries and stocking their pantries at home, during this time. Do they feel the need to ration certain items? Are they trying new recipes and baking more together? Are they eating differently now, or the same? Are they taking advantage of the free lunches that their school districts are providing?

Students will talk about overbuying and how that can harm others that need that same product, as this creates a shortage. They will talk about what products are facing higher demand at this time and what they think a reasonable amount of food/supplies to store is.
Pre-Reading Discussion:

What do you think the article will be about?
Are there clues in the picture?
What can you infer?

Vocabulary Building:

Read this sentence, what do you think the highlighted words mean using context clues? A context clue is a word or words that are hints and refers to the sources of information outside of words that readers may use to predict the identities and meanings of unknown words.

With social distancing, staying at home and sometimes self-quarantining constituting the new “normal,” there are a lot of questions about what?

Self-quarantining Guess

Self-quarantining Definition

Comprehension Questions:

1. With social distancing, staying at home and sometimes self-quarantining constituting the new “normal,” there are a lot of questions about what?
2. Nutritionally speaking, canned and frozen fruits and vegetables are comparable to fresh ones. How is that possible? What is the canning process like?
3. What kind of fruit juice is best?
4. What kind of canned vegetables should you choose?
5. Is the portion size for dried fruit the same as fresh fruit?
6. When we create shortages by buying more of something than we will realistically use, we __________ those who could use it right now.
7. Canned foods have a shelf life of one to ___ years — but this is based on quality, not safety.
8. What is the author’s suggestion at how frequently you should go grocery shopping each week?
9. Why shouldn’t you store milk in the door of the refrigerator?
10. What are some simple meal prep ideas and suggestions the author gives us?

Discussion Questions (small/large groups), Journal Prompts or Essay Questions:

- How is your family handling the grocery supply and stocking up your pantry? Is your family shopping a lot, and buying large quantities? Heading to Costco? Are they going minimally and staying away from stores?
- Are you eating differently now? What new recipes are you trying?
- Are you cooking/baking more together?
- Do you feel like you need to ration your favorite food items?
- Are you taking advantage of the free lunches that your school districts are providing for all students under the age of 18? Why or why not?

“When we create shortages by buying more of something than we will realistically use, we harm those who could use it right now.”

I’m sure you’ve heard that many people are overbuying items like toilet paper, diapers, Clorox wipes, gloves, hand sanitizer, hand soap, etc… This creates a shortage for others that need those items, as well.

- Why do you think people are buying so much?
- How would you feel if you needed some of these items at the store, and there were none on the shelves?
- What do you think a “reasonable” amount of food to store is?
- What items are facing a higher demand now?

News Break is posted to the Web on Monday. Please share this NIE News Break program with other teachers. To sign-up for the print replica for your class, please register on-line or call 206/652-6290 or toll-free 1-888/775-2655. Copyright © 2020 The Seattle Times Company