

Mock Grocery Store Activity

Use this activity to help your child practice functional reading skills by creating a mock grocery shopping experience.

Step 1: Choose 5–10 real items from your pantry or fridge.

Step 2: Write down the names, prices, and any label claims for each (e.g., Gluten Free, Low Fat).

Step 3: Have your child read the labels and complete the questions below.

Item Name: _____ Price: _____

Claim (circle): Organic / Gluten Free / Sugar Free / Low Sodium / None

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Questions:

1. Which item is the healthiest? Why?

2. Which item is the best deal? How do you know?

3. Which item would you skip and why?

4. What new word did you read or learn on one of the labels?

Optional Math Extension:

Add the total cost of all items: _____

If you had \$10, what could you afford?