

**You will need:**

Flip chart or white board
Food flyers or newspaper ads

*Eating Well with
Canada's Food*

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Lesson 7 - Convenience Foods

Purpose: To help learners understand how convenience foods can save time.

Instructor's Note: Convenience foods are processed foods that require very little, if any, preparation at home. Convenience foods (e.g. canned soup and beans, pre-washed vegetables, prepared salads, frozen vegetables, etc.) usually cost more than foods made from scratch but they are quicker to prepare. The time saved in preparation is usually reflected by a higher cost. Decide whether it is more important to save time or money and shop accordingly.

Activity 1 - What are Convenience Foods?**Literacy Stage 1**

1. Tell learners what convenience foods are and how they can save time but increase food costs.
2. Ask learners which convenience foods they buy. Write them on a flip chart or white board and talk about why they choose them.

Activity 2 - Convenience Foods List**Literacy Stage 2**

1. Ask learners what the definition of a convenience food is. Discuss answers.
2. Ask learners to list the convenience foods they buy.
3. Ask learners to talk about their food choices. Are they healthy foods? What food group do they belong to in *Eating Well with Canada's Food Guide*? How much do they cost? How long does it take to prepare them?

Activity 3 - Convenience Foods**Literacy Stage 3**

1. Ask learners what they think convenience foods are. Talk about their answers.
2. Hand out food flyers or newspaper ads to learners. Ask them to find ads for convenience foods. Ask them to write down the product, the food group it belongs to and the price.
3. Discuss learner's choices. Would they purchase these items often? Are they on sale? What kind of meals could they make?



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Funding has been provided by the National Literacy Secretariat,
Human Resources Development Canada