

Ethnic Markets/Food Costs

Targeted Learning Outcomes:

Goals of this assignment:

Your Task:

You have been divided into groups and assigned 2 amounts of money, either \$90 and \$120, or \$90 and \$150. Each group has also been assigned a local market. Go to your assigned market and determine what you would 'buy' to feed a family of four for a week if you only had \$90. Then decide what you would do differently if you could spend the larger amount of money (either \$120 or \$150 depending on your group). Assume your cupboards and fridge are empty. You must 'buy' **everything** they are going to eat or drink (except water) for that entire week and you may 'spend' no more than the amounts of money that you were assigned. **Your primary consideration is to keep your family from being hungry;** this means meeting the caloric needs of the family for the week.

1. Make a list of each item that you would buy, the quantity 'purchased' and the price. You will need to do this for both amounts of money. Include the total cost at the bottom for each budget.
2. You also need to calculate for both shopping lists (either from labels or your other resources) the totals for the number of calories and % calories from each category: fat, protein and carbohydrates. Create a summary table that compares the daily per person averages of these for both the lesser and greater amounts of money. Only turn in the summary table! Use the layout below:

	\$90 Budget		Bigger Budget	
	Cal/person	% Calories	Cal/person	% Calories
Carbohydrates				
Protein				
Fat				
Total				

3. You will document your experience using an ePortfolio available through Digication. Go to this page for instructions on how to get there. Use the *Exploring Food Shopping In Worcester* template. This ePortfolio has 5 pages: Our Store, Our Trip, Our Chosen Items, Dietary Information, Thoughts about Working in a Team. You will complete these by class time on Thursday, September 14. As you get to each page, click on the right hand side – near the edge of the page. That will reveal a prompt with directions for that page.

Our Store: We would like a picture of your team (or parts of the team) at the market. Be careful as you take pictures; do not take pictures of the other shoppers - they may not want to be photographed! We also would like a description of your market - the types of food, the size of the store, the presence of parking, the neighborhood. Learn a little more about your neighborhood here: <http://www.city-data.com/nbmaps/neigh-Worcester-Massachusetts.html>. Include information about the median income, ethnicity and age of the residents of the area.

Our Trip: Describe when you went, how you got there, what you saw, notable experiences. Note the day and time – and how that might impact the number of shoppers you saw, or the types of

shoppers you saw. Is the store easy to find? How did you get there? What happened along the way? How easy would it have been to get back to campus if you had actually purchased \$90 or more of grocery items? Feel free to add pictures!

Our Chosen Items: This page has two slides (stacked on top of each other). The top slide should have a table that includes the \$90 list of items, quantity and price, and in the text box, write a description of how you chose those items. The bottom slide will be the same but for the larger budget.

Dietary Information: Here is where you put your table of average % calories from protein/fats/carbs and total daily calories (as shown above). Also discuss how well you met your family's caloric and dietary needs for both budgets. Be sure to comment on how or if the larger budget made a difference.

Thoughts about Working on a Team: Think back on your experience of planning the trip, taking the trip, deciding which foods to select and creating the tables for the assignment, preparing the content for this ePortfolio. Each member of the team should submit a short reflection on a separate slide (there are already 4, stacked on top of each other), describing something that they can take from this team experience and use to make the next team experience better. Make sure to include your name on your slide!

4. In class on Thursday, Sept 14, your team will walk through the ePortfolio with the class, so that they can see and share your experience with that market. Plan for the presentation with the ePortfolio to last no more than 7 minutes. It can be shorter!

Grading (150 points total):

1. Our Store (20 pts).
 - Picture(s)
 - Description – thorough and yet concise.
 - Use of demographic information
2. Our Trip (20 pts): Your description should include all the elements asked for, be clear, concise and yet descriptive.
3. Our Chosen Items (30 pts):
 - Cost of food items should not exceed the allotted amount of money.
 - Quantity indicated.
 - Reasonably clear description of item, e.g. 28 oz box of Cheerios, a dozen eggs, a half gallon of orange juice, 1 lb. hamburger
4. Dietary Information (40 pts): Table of total **per person average** calories, calories and % calories from fat, protein and carbohydrates for each diet:
 - Layout (15 pts): 5 columns, appearance, labels
 - Content (25 pts): required nutrients listed, all data present
5. Thoughts on Teamwork (20 pts): Each person will be individually graded. We are looking for thoughtful identification of one or more issues that arose and would be a kind of problem that could repeat in other team projects (for instance, not an issue with the bus you took having a breakdown), and a rational approach to a new approach, method or plan that would eliminate that type of problem in the future.
6. Presentation to the class (20 pts): A clear telling of the story of your journey, your decision process and the outcomes. We want good representation from each team member.

To session participants:

What is the problem statement?

