



MULTI-GRADE SAMPLE MISSION

GROCERY STORE DETECTIVE

REAL-WORLD MISSIONS. REAL SKILLS.

RANGER NAME: _____

GRADE RANGE: 2-5

MISSION LOCATION:

Your local grocery store

MISSION DATE: _____



MISSION BRIEFING

Your mission is to explore the grocery store, make smart choices, and use your Reading, Writing & Math skills to solve the challenges below!



1. READING MISSION

Find and read the labels on 3 different products.
For each one, write down:

EXAMPLE CANADIAN FOOD LABEL

Nutrition Facts Valeur nutritive	
Per 3/4 cup (175 g)	
Calories 160	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 0 mg	
Sodium 140 mg	6 %
Potassium 250 mg	5 %
Calcium 30 mg	2 %
Iron / Fer 1.5 mg	8 %

SERVING SIZE
(THIS IS THE AMOUNT
THE NUTRITION
INFORMATION IS
BASED ON.)

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

PRODUCT 1:

What is the product? _____
Serving size? _____
One interesting thing you learned: _____

PRODUCT 2:

What is the product? _____
Serving size? _____
One interesting thing you learned: _____

PRODUCT 3:

What is the product? _____
Serving size? _____
One interesting thing you learned: _____

2. WRITING MISSION

Imagine you are helping your family plan a healthy meal.

Choose one of the items you found during your mission.

Write a short paragraph recommending it to your family.

Include:

- ★ What the item is
- ★ Why it is a healthy choice
- ★ How it fits into a balanced meal



RANGER TIP

Look for whole foods, foods with less sugar and salt, and lots of nutrients!

3. MATH MISSION

You have \$20 to spend on healthy foods for your family.

Choose 4 items and record their prices.

ITEM	PRICE
1. _____	\$ _____
2. _____	\$ _____
3. _____	\$ _____
4. _____	\$ _____

A. Add all food items together to get the total cost.

Example: $\$3.25 + \$4.50 + \$2.75 + \$6.00 = \$16.50$

Total cost = \$ _____

B. Subtract the total cost of the food from the \$20 limit to find out how much money you have left.

If the cost of the food is over \$20, you need to choose items that cost less.

Example: $\$20.00 - \$16.50 = \$3.50$

Money left = \$ _____

C. If the cost of the food is over \$20, you need to choose items that cost less.

Example: $\$24.75 - \$20.00 = \$4.75$ over

RANGER REFLECTION



What did you learn today that surprised you?



What was the hardest part of the mission?

What healthy choice will you try at home?

BADGE EARNED



Great job, Ranger!
You completed your mission!

MISSION COMPLETE!

- ☐ I completed my Reading Mission.
- ☐ I completed my Writing Mission.
- ☐ I completed my Math Mission.
- ☐ I explored and had fun!

PARENT / GUARDIAN SIGNATURE

