



## Shopping / Healthy Eating Activity sheet

**Target group:** 6+ years old

**Duration:** 30 minutes

**Materials needed:**

- Pictures of vegetables and fruits, sweets, food items, banknotes (money)
- Shopping lists (numbers, words, images, pictograms)

**Key competence:** Practicing conversation skills; Decision making

### GENERAL OBJECTIVES

This set of activities supports the development of conversational skills, decision-making, and responsible consumer behaviour through role-playing and interactive activities inspired by everyday life.

Pupils learn to recognise foods (vegetables, fruits, sweets, food products), to create shopping lists and menus, to express preferences, and to make healthy choices.

The objectives are:

- Developing active vocabulary (foods, numbers, prices);
- Associating word – image – symbol (for visual and linguistic support);



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**Plural  
Words**

- Practicing conversation rules (addressing others, patience, active listening);
- Understanding the concept of healthy eating (using the food pyramid);
- Making decisions as a team (what to buy, what to choose for a healthy menu).

## IMPLEMENTATION

**1/ Instructions:** Explain the purpose of the activity to the children. Ask them to sit down, close their eyes, and imagine what their dream home would look like.

**2/ Cutting out the pictograms:** Give each child a copy of the two worksheets with images of fruits and vegetables (or your own worksheets you have created), along with the ones with money, and ask them to cut them out. Name each image and associate it with its symbol or sign from sign language, if applicable.

**3/ Creating shopping lists:** Show the children example worksheets with shopping lists. Encourage them to create their own shopping lists for their favourite fruit or vegetable salad.

**4/ Going shopping:** After the children have completed their shopping lists, organise a game called “At the Market.” Assign roles (one seller and several buyers). One at a time, the buyers will go to the shop/market to buy the fruits or vegetables needed for their favourite salad. The seller will have cards with images/pictograms of fruits and vegetables. The buyers will have their shopping lists. This activity practices children’s conversational skills (greeting, requesting, responding, taking turns), as well as their decision-making abilities and

responsible consumer behaviour (e.g., choosing the number of fruits/vegetables or selecting an appropriate amount of ingredients to avoid waste).

**5/ Show and present:** Once the children have finished shopping, ask them to come and present their favourite salad to the rest of the group.

## POTENTIALS FOR AAC SKILLS DEVELOPMENT

This activity has significant potential for speech development. It offers a practical and engaging way for children to practice and expand their language skills through hands-on exploration and collaboration. Children who use AAC systems can develop their vocabulary, comprehension, and communication skills related to responsible behaviour and healthy eating. This is also a great and very useful activity for children learning a second language to expand and practice their vocabulary in this «real-life» scenario.

The process encourages verbal expression as they present their choices and explain their ideas, promoting sentence formation and coherent speech. In addition, the interactive and visual nature of the activity supports understanding and retention of new words, enhancing both expressive and receptive language abilities.

Overall, this activity not only stimulates creative thinking but also serves as a practical method for improving children's communication skills.



## EXTENSION

To creatively engage pupils, you can organise a food collage workshop: children cut out food images from magazines, then classify them (healthy / unhealthy) and create their own "store shelf."

Another extension could be setting up a symbolic play corner: a mini store in the classroom, with products, prices, play money, shopping lists, and assigned roles.

## CREATE YOUR OWN VERSION

Draw or cut out your favourite products and build a healthy shopping list. Choose what you would buy for a breakfast like at grandma's! Play with a classmate pretending to be at the store, switching roles: seller – buyer. You can add prices, write the total amount, or choose a complete menu!

