

The EPIC Supermarket Sweep – Under 6s

Aim

For the younger children (perhaps those under 6), the aim is to increase knowledge of different food items and select images of these items from the 'supermarket'.

Numbers

Children: 2 children / 2 teams

Staff/helpers: 1 to explain the game and manage the till

What is needed?

Borrowed materials

1. Food images containing barcodes
2. Wooden blocks for display of food images
3. Shopping lists for different age-groups
4. Shopping baskets
5. Barcode scanner
6. Microsoft excel spreadsheet containing food-nutrient data
7. Leaderboard posters
8. Reference Lists

Self-sourced

1. PC/laptop computers containing Microsoft Excel (version 2003 or higher)
2. Tables to display food pictures on wooden blocks
3. Stopwatch or smartphone with stopwatch application
4. Post-it notes or stickers to record timings

Setting up

1. Arrange the tables which would be used to display the EPIC Shop items

2. Cover the tables with suitable table cloth and arrange the wooden blocks along the length of the table.
3. Arrange the EPIC grocery items into the grooves of the wooden blocks in groups e.g. fruits, vegetables, meat, cereals, breads etc. stacked next to each other to resemble a supermarket aisle.
4. Select the lists from the envelope with the correct age-group and put them on display for children to choose. If you have a mixed age group arrange the envelopes marked as: (i) Age: under 6 years, (ii) Age: 7 - 16 years, (iii) Age: 16+ years
5. Load the Excel Spreadsheet onto the laptop and plug in the scanner – test one of the barcodes to check that the item name and Vitamin content comes up.

Step-by-step instructions

1. At the front of the shop you would have arranged several distinct groups of shopping lists enclosed in an envelope "Age: under 6". The activity from the envelope can be either selected by the child or you can select one. For example, the selected activity could ask the child to pick 5 food items (as shown on the activity card) from the EPIC Shop. This activity is useful for younger children especially those who cannot read very well.
2. Give this activity card to the child and instruct him/her to gather the foods pictured in the fastest time possible. You shall be equipped with a stop watch and so you can easily time them.
3. Once they have collected the pictures from the aisle, stop the clock.
4. Accompany the child over to the till and record the time taken to complete the activity on post-it notes.
5. You will then oversee the child swiping the food items into the scanner and place their time on the leader board.
6. While managing the till, you need to make sure that the child has successfully completed their activity. Often, with the pictured shopping list, a young child may have an item which is not required, or may have one too many or one too few; as they are being judged on time, this is not a huge issue; just record their activity time and let them scan in their foods into the database and then place their time upon the leader board.

Supporting activities

While 2 children or 2 teams of children are performing this activity, you can keep rest of the class occupied by asking them a small quiz, e.g.

- (a) Write 5 fruits/vegetables.
- (b) Write 5 red coloured fruits/vegetables

Clearing up

1. Collect the food items and stack them together as provided by EPIC.
2. Remove the wooden blocks keeping children safe and arrange them in a suitable place.
3. Pack the activity material in the boxes provided by EPIC.
4. Save the excel spreadsheet for future use with this activity and save the information from the leaderboard poster.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you

What to return?

Please return any materials listed under 'borrowed materials'. Please use the box/bag in which you received it. Arrange for a delivery date by phoning: 01223 748681

Risk assessment

Additional risk assessment might be needed to cover local circumstances and environment. Please contact your (school) representative if in doubt.

Number	Risk	Control element
1	<ul style="list-style-type: none">• People moving quickly in the shopping area and handling laminate cards/dropping them	<ul style="list-style-type: none">• Cables will be covered and taped down where necessary• Limit the number of people in the shopping aisle to 5 at one time.• Any laminate articles that fall on the floor will be picked up to prevent slips. The laminated items will also have rounded edges
2	<ul style="list-style-type: none">• Danger from using unsafe	<ul style="list-style-type: none">• Make sure laptop is PAT tested

electrical items

3

- Incorrect use of barcode scanners
- A volunteer will monitor the 'cash tills', particularly the use of the barcode scanners which should not be shone in people's eyes. A sign will be placed next to the scanners explaining this and the volunteer will direct people as to how to use them

Photos



The EPIC Supermarket Sweep – 7-12 years

Aim

For children aged 7-12, the aim is to increase knowledge of different food items and different food groupings. By scanning the items in, they will learn about the vitamin and nutrient content of the foods they have picked.

Numbers

Children: 2 children / 2 teams

Staff/helpers: 1 to explain the game and manage the till

What is needed?

Borrowed materials

1. Food images containing barcodes
2. Wooden blocks for display of food images
3. Shopping lists for different age-groups
4. Shopping baskets
5. Barcode scanner
6. Microsoft excel spreadsheet containing food-nutrient data
7. Leaderboard posters
8. Reference Lists

Self-sourced

1. PC/laptop computers containing Microsoft Excel (version 2003 or higher)
2. Tables to display food pictures on wooden blocks
3. Stopwatch or smartphone with stopwatch application
4. Post-it notes or stickers to record timings

Setting up

1. Arrange the tables which would be used to display the EPIC Shop items

2. Cover the tables with suitable table cloth and arrange the wooden blocks along the length of the table.
3. Arrange the EPIC grocery items into the grooves of the wooden blocks in groups e.g. fruits, vegetables, meat, cereals, breads etc. stacked next to each other to resemble a supermarket aisle.
4. Select the lists from the envelope with the correct age-group and put them on display for children to choose. If you have a mixed age group arrange the envelopes marked as: (i) Age: under 6 years, (ii) Age: 7 - 12 years, (iii) Age: 12+ years
5. Load the Excel Spreadsheet onto the laptop and plug in the scanner – test one of the barcodes to check that the item name and Vitamin content comes up.

Step-by-step instructions

1. At the front of the shop you would have arranged several distinct groups of shopping lists enclosed in an envelope "Age: 7-12 years". The activity from the envelope can be either selected by the child or you can select one. For example, the selected activity could ask the child to "find: chicken, dried apricots, carrot, chocolate and cabbage" from the EPIC Shop.
2. Give this activity card to the child and instruct him/her to gather the foods pictured in the fastest time possible. You shall be equipped with a stop watch and so you can easily time them.
3. Once they have collected the pictures from the aisle, stop the clock.
4. Accompany the child over to the till and record the time taken to complete the activity on post-it notes.
5. You will then oversee the child swiping the food items into the scanner and place their time on the leader board.
6. While managing the till, you need to make sure that the child has successfully completed their activity. Often, with the pictured shopping list, a young child may have an item which is not required, or may have one too many or one too few; as they are being judged on time, this is not a huge issue; just record their activity time and let them scan in their foods into the database and then place their time upon the leader board.

Supporting activities

While 2 children or 2 teams of children are performing this activity, you can keep rest of the class occupied by asking them a small quiz, e.g.

- a) Which food items contribute towards 5 portions of fruits/vegetables.
- (b) Think about the nutrients and vitamins in their lunch.

Clearing up

1. Collect the food items and stack them together as provided by EPIC.
2. Remove the wooden blocks keeping children safe and arrange them in a suitable place.
3. Pack the activity material in the boxes provided by EPIC.
4. Save the excel spreadsheet for future use with this activity and save the information from the leaderboard poster.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you

What to return?

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Risk assessment

Additional risk assessment might be needed to cover local circumstances and environment. Please contact your (school) representative if in doubt.

Number	Risk	Control element
1	<ul style="list-style-type: none">• People moving quickly in the shopping area and handling laminate cards/dropping them	<ul style="list-style-type: none">• Cables will be covered and taped down where necessary• Limit the number of people in the shopping aisle to 5 at one time.• Any laminate articles that fall on the floor will be picked up to prevent slips. The laminated items will also have rounded edges
2	<ul style="list-style-type: none">• Danger from using unsafe electrical items	<ul style="list-style-type: none">• Make sure laptop is PAT tested

3

- Incorrect use of barcode scanners
- A volunteer will monitor the 'cash tills', particularly the use of the barcode scanners which should not be shone in people's eyes. A sign will be placed next to the scanners explaining this and the volunteer will direct people as to how to use them

Photos



The EPIC Supermarket Sweep –12 + years

Aim

For children 12+ and adults, the aim is to increase knowledge Vitamin C , Fibre and Calcium of different food items and different food groupings.

Numbers

Children: 2 individuals / 2 teams

Staff/helpers: 1 to explain the game and manage the till

What is needed?

Borrowed materials

1. Food images containing barcodes
2. Wooden blocks for display of food images
3. Shopping lists for different age-groups
4. Shopping baskets
5. Barcode scanner
6. Microsoft excel spreadsheet containing food-nutrient data
7. Leaderboard posters
8. Reference Lists

Self-sourced

1. PC/laptop computers containing Microsoft Excel (version 2003 or higher)
2. Tables to display food pictures on wooden blocks
3. Stopwatch or smartphone with stopwatch application
4. Post-it notes or stickers to record timings

Setting up

1. Arrange the tables which would be used to display the EPIC Shop items
2. Cover the tables with suitable table cloth and arrange the wooden blocks along the length of the table.

3. Arrange the EPIC grocery items into the grooves of the wooden blocks in groups e.g. fruits, vegetables, meat, cereals, breads etc. stacked next to each other to resemble a supermarket aisle.
4. Select the lists from the envelope with the correct age-group and put them on display for children to choose. If you have a mixed age group arrange the envelopes marked as: (i) Age: under 6 years, (ii) Age: 7 - 12 years, (iii) Age: 12+ years
5. Load the Excel Spreadsheet onto the laptop and plug in the scanner – test one of the barcodes to check that the item name and Vitamin content comes up.

Step-by-step instructions

1. At the front of the shop you would have arranged several distinct groups of shopping lists enclosed in an envelope "Age: 12+years". The activity from the envelope can be either selected by the person or you can select one. For example, the selected activity could ask the person to find the 3 items highest in Vitamin C in the shop.
2. Give this activity card to the person and instruct him/her to gather the foods pictured in the fastest time possible.
3. Once they have collected the pictures from the aisle, accompany them over to the till
5. Scan the food items into the scanner and discuss whether they have found the items required (answers on the reference lists).

Supporting activities

While 2 children or 2 teams of children are performing this activity, you can keep rest of the class occupied by asking them a small quiz, e.g.

- a) Which food items contribute towards 5 portions of fruits/vegetables.
- (b) Think about the nutrients and vitamins in their dinner/Research the Eatwell plate.

Clearing up

1. Collect the food items and stack them together as provided by EPIC.
2. Remove the wooden blocks keeping children safe and arrange them in a suitable place.
3. Pack the activity material in the boxes provided by EPIC.

4. Save the excel spreadsheet for future use with this activity and save the information from the leaderboard poster.

Please fill in the evaluation form provided in the activity box and put on top of the activity when returning it. Your feedback will help us to improve our activities and the library. Thank you

What to return?

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Risk assessment

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Number	Risk	Control element
1	<ul style="list-style-type: none">• People moving quickly in the shopping area and handling laminate cards/dropping them	<ul style="list-style-type: none">• Cables will be covered and taped down where necessary• Limit the number of people in the shopping aisle to 5 at one time.• Any laminate articles that fall on the floor will be picked up to prevent slips. The laminated items will also have rounded edges
2	<ul style="list-style-type: none">• Danger from using unsafe electrical items	<ul style="list-style-type: none">• Make sure laptop is PAT tested
3	<ul style="list-style-type: none">• Incorrect use of barcode scanners	<ul style="list-style-type: none">• A volunteer will monitor the 'cash tills', particularly the use of the barcode scanners which should not be shone in people's eyes. A sign will be placed next to the scanners explaining this and the volunteer will direct people as to how to use them

Photos

