



# Our supermarket trip ▶

An interactive read-along story for new learners of English

Created by Celia Hope



Nā āheitanga ā-mātauranga,  
ko angitū ā-ākonga  
Building educational capability  
for learner success

Supported by Ako Aotearoa, the National Centre for  
Tertiary Teaching Excellence



On Monday 2 April, our class went to  
Pak 'n Save supermarket on Clarence Street. 



We went by car. 

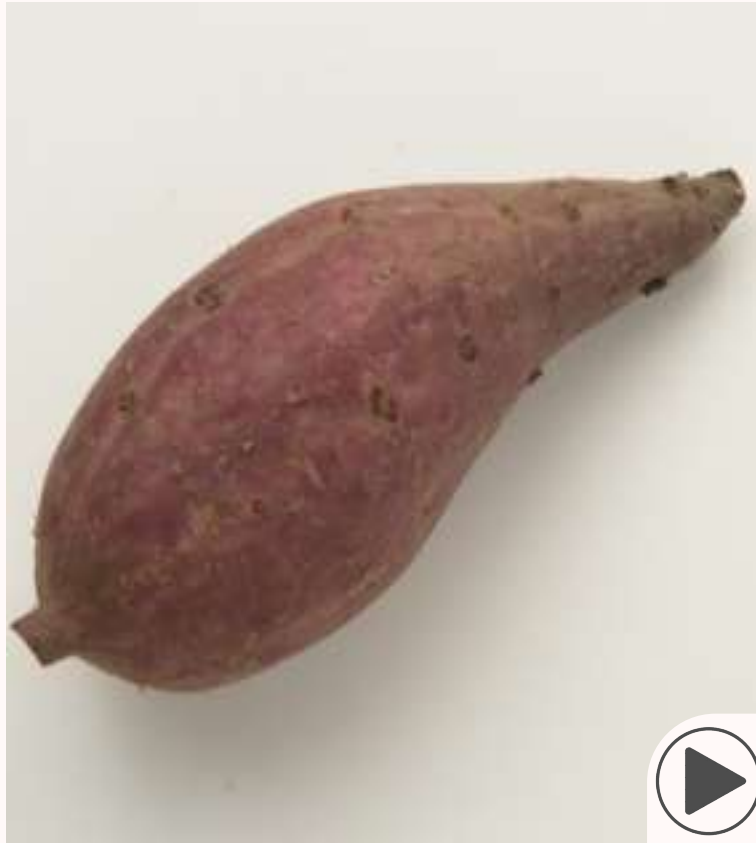


We went with Janine from  
Sport Waikato.

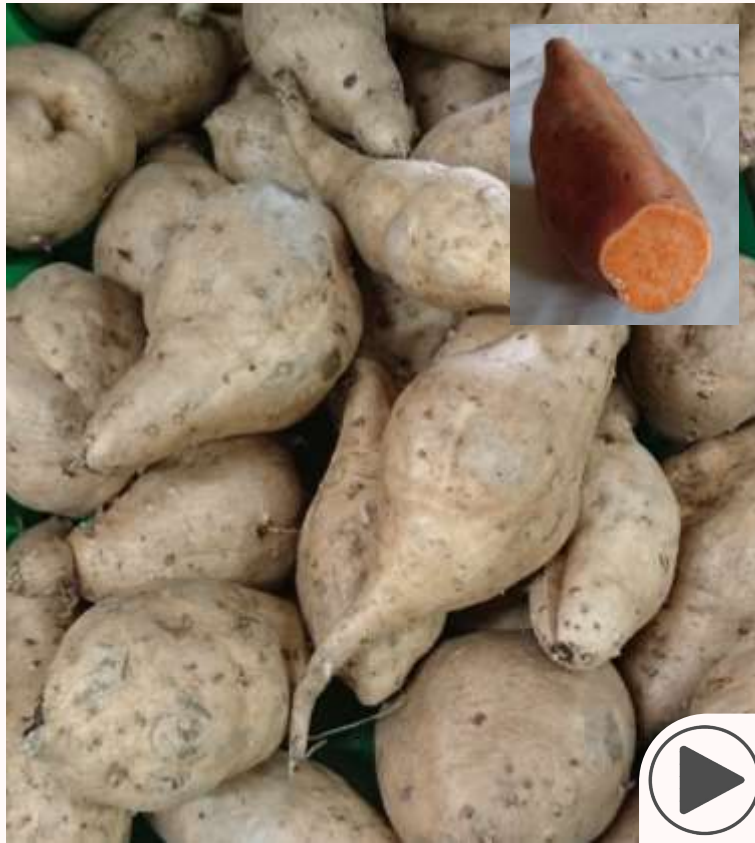
We looked at some food. 



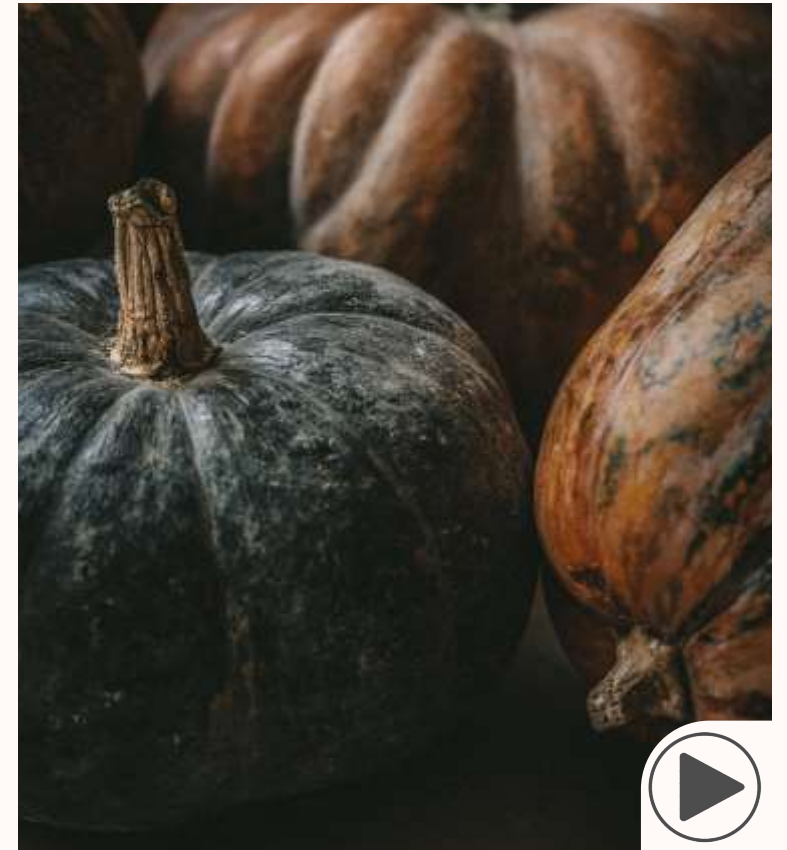
We looked at vegetables. 



kūmara



gold kūmara



buttercup pumpkins



pumpkins



tomatoes



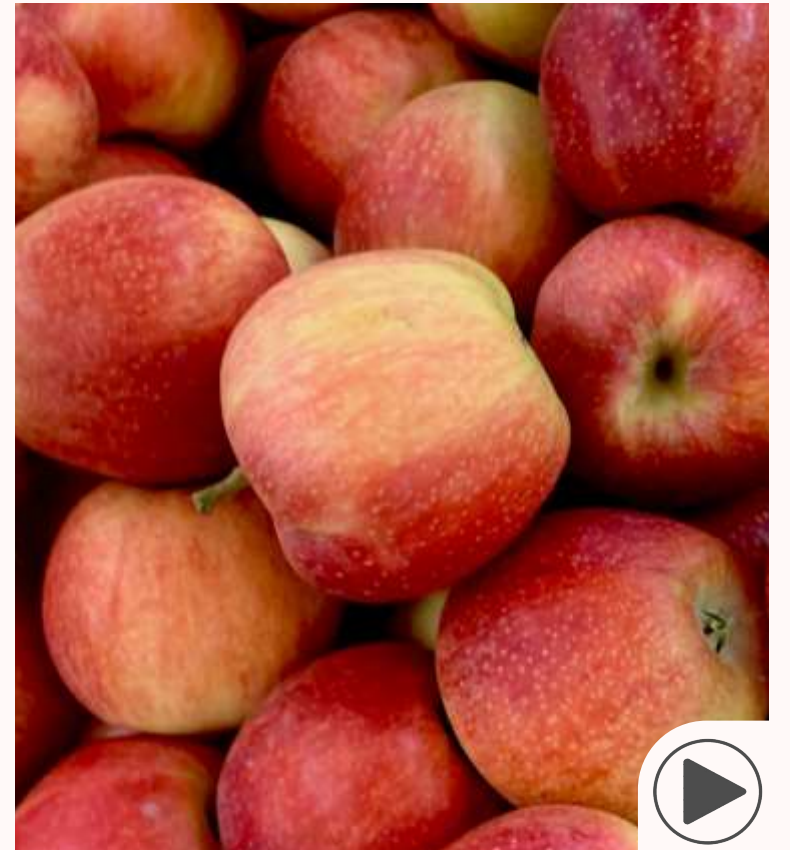
We looked at fruit. 



nectarines



pears



apples



bananas



mangoes



pineapples



We looked at meat. ▶

Janine



*"We shouldn't eat too much meat.  
A piece the size of the palm of your hand is enough  
for one person."*





We looked at seafood. 



fish fillets



scallops



prawns



fish



squid



a mussel



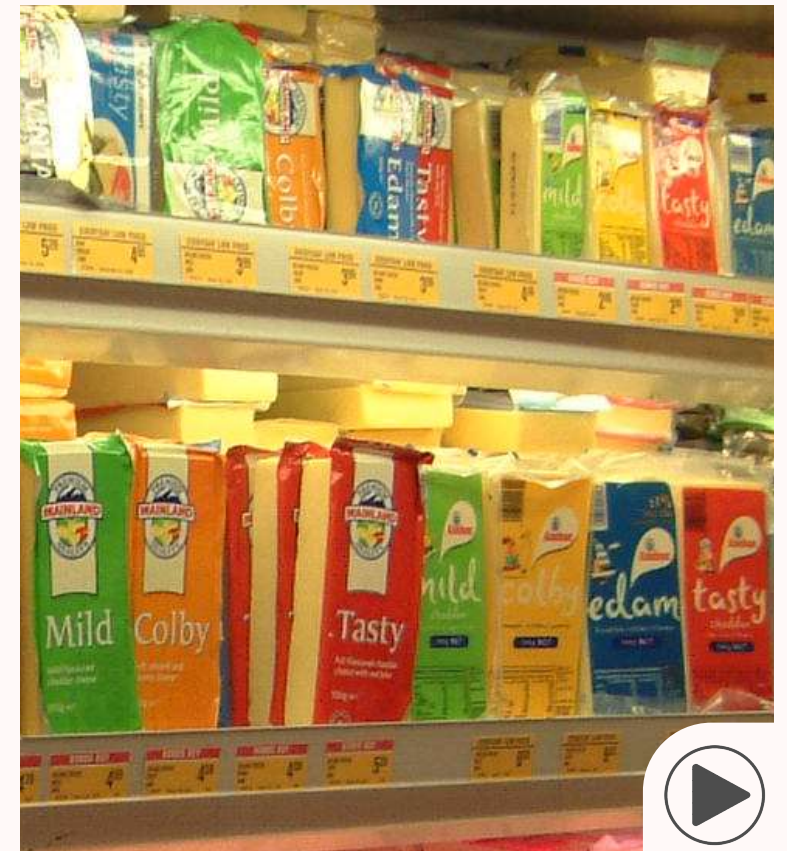
We looked at milk. 



flavoured milk



yoghurt



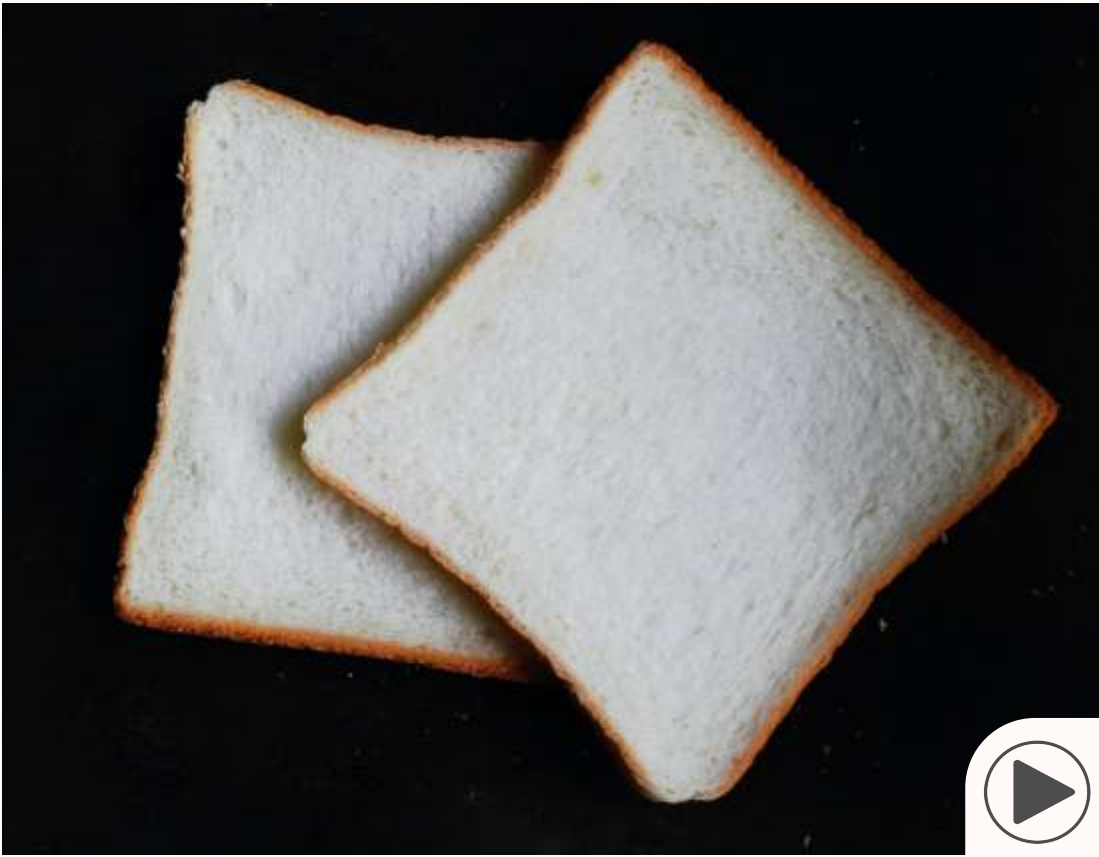
cheese



We looked at butter and spreads. 



We looked at bread. 



white bread



wholemeal bread



We looked at drinks. ▶



fruit drinks



juice



We talked about healthy food. 



We talked about fat. 



fatty



less fatty

Janine



*"Milk is good for us. It has calcium and protein in it."*



Janine



*"It also has fat in it. The green top is 'trim milk'. It has the least fat. The dark blue top has the most fat. Cream has more fat than milk."*





We talked about sugar and salt. ▶

Janine



*"Fruit drinks and soft drinks like 'Pepsi' have lots of sugar in them."*



Janine



*"Potato chips have a lot of salt and fat."*





Some people bought some food.  
Before we left, Iman looked at the  
baby food.



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