

Play!

This game requires 4 players. It can be played as a 2 player game if each player plays with 2 athlete shopping lists or 2 shopping lists are removed from the game.

1. Shuffle food and wild cards together to make a draw pile. Place question cards to one side.
2. You have a **budget of £6**. Use the shopping list table to keep track of your spend.
3. Pick **six cards** to start. Do not show these cards to the other players.
4. You can have a **maximum of six cards in your hand**. Put down (discard) any cards you don't want at the **start** of each turn. Keep these to one side as the 'discard pile'.
5. Each turn you can complete **up to three actions**. Actions are to:
 - draw/pick a card (1 action)
 - buy a food card and place it in your 'cart' face up in front of you (1 action)
 - or, ask for and answer a question card. (2 actions) Answer correctly to win **50p of additional budget**, but remember question cards **use two or your three actions!**
 - *If you pick up a **wild card**, follow the card's instructions. Wild cards are not actions.*
6. If cards run out, shuffle the discard pile to make a new draw pile and continue.
7. **You have 30 mins to play**. The first to buy all their ingredients wins! (Or, if time runs out, the winners are the players who have bought the most ingredients on their list.)



ACTIVITY SHEET

SUPERMARKET STORM

Shauna's Chicken Caesar Salad

Aldi Athlete Ambassador:

Shauna Coxsey

Sport:

Sport Climbing

Shopping list

- Chicken breast
- Lettuce
- Green beans
- Bread (croutons)
- Tin of anchovies
- Garlic
- Mayonnaise
- Lemon juice

Budget tracker

Spend (+/-)	Budget (£6)
e.g. - £0.49	= £5.51
	=
	=
	=
	=
	=
	=
	=

<p>✂</p> <p>Chicken breast</p> <p>£1.99</p> 	<p>Lettuce</p> <p>£0.62</p> 
<p>Bread</p> <p>£0.49</p> 	<p>Salad dressing</p> <p>£0.85</p> 
<p>Green beans</p> <p>£0.77</p> 	<p>Mayonnaise</p> <p>£0.69</p> 
<p>Tin of anchovies</p> <p>£0.53</p> 	<p>Lemon juice</p> <p>£0.33</p> 

ACTIVITY SHEET

SUPERMARKET STORM

Alistair's Turkey Casserole

Aldi Athlete Ambassador:

Alistair Brownlee

Sport:

Triathlon

Shopping list

- Turkey breast
- Onions
- One apple
- Carrots
- Stock Cube
- Mustard
- Sage and onion stuffing mix
- Potatoes

Budget tracker

Spend (+/-)	Budget (£6)
e.g. - £0.49	= £5.51
	=
	=
	=
	=
	=
	=
	=
	=

<p>Turkey breast</p> <p>£1.99</p> 	<p>Stock cubes</p> <p>£0.59</p> 
<p>Carrots</p> <p>£0.57</p> 	<p>Potatoes</p> <p>£0.95</p> 
<p>Apple</p> <p>£0.29</p> 	<p>Onions</p> <p>£0.69</p> 
<p>Sage and onion stuffing mix</p> <p>£0.32</p> 	<p>Mustard</p> <p>£0.35</p> 

ACTIVITY SHEET
SUPERMARKET STORM

Katie's Super Stir Fry

Aldi Athlete Ambassador:

Katie Archibald

Sport:

Cycling

Shopping list

- Chicken breast
- Noodles
- Spring onions
- Green beans
- Soy sauce
- Honey
- Lime
- Sesame seeds

Budget tracker

Spend (+/-)	Budget (£6)
e.g. - £0.49	= £5.51
	=
	=
	=
	=
	=
	=
	=

<p>Chicken breast £1.99</p> 	<p>Noodles £0.65</p> 
<p>Green beans £0.77</p> 	<p>Soy sauce £0.49</p> 
<p>Honey £1.05</p> 	<p>Lime £0.95</p> 
<p>Spring onions £0.35</p> 	<p>Sesame seeds £0.75</p> 

ACTIVITY SHEET

SUPERMARKET STORM

Lutalo's Veggie Spaghetti Bolognese

Aldi Athlete Ambassador:

Lutalo Muhammad

Sport:

Taekwondo

Shopping list

- Spaghetti
- Tinned tomatoes
- Veggie mince
- Onions
- Carrots
- Basil
- Grated cheese
- Stock cube

Budget tracker

Spend (+/-)	Budget (£6)
e.g. - £0.49	= £5.51
	=
	=
	=
	=
	=
	=
	=

<p>✂</p> <p>Spaghetti</p> <p>£0.42</p> 	<p>Tin tomatoes</p> <p>£0.28</p> 
<p>Veggie mince</p> <p>£1.59</p> 	<p>Onions</p> <p>£0.69</p> 
<p>Carrots</p> <p>£0.57</p> 	<p>Basil</p> <p>£0.48</p> 
<p>Grated cheese</p> <p>£1.49</p> 	<p>Stock cubes</p> <p>£0.59</p> 

ACTIVITY SHEET

SUPERMARKET STORM

Print out one copy of this sheet per group of four pairs Cut out and hand out to each group.

Wild cards

<p>Discount card</p> <p>50% off one purchase</p> <p>Play this card when buying a food card to make any purchase half price.</p> <p>(Playing this card and a food card counts as one move. Round up if 50% is not a whole number.)</p>	<p>Discount card</p> <p>50% off one purchase</p> <p>Play this card when buying a food card to make any purchase half price.</p> <p>(Playing this card and a food card counts as one move. Round up if 50% is not a whole number.)</p>
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<p>Shelf mix up</p> <p>On your turn, play this card at once!</p> <p>All players search the discard pile and choose one card to pick up.</p> <p>(This card does not count as a move in your turn. When choosing, go left from the player of this card. If < 4 cards in discard pile, randomly put this card back in draw pile.)</p>	<p>Shelf mix up</p> <p>On your turn, play this card at once!</p> <p>All players search the discard pile and choose one card to pick up.</p> <p>(This card does not count as a move in your turn. When choosing, go left from the player of this card. If < 4 cards in discard pile, randomly put this card back in draw pile.)</p>
<p>General sale</p> <p>On your turn, play this card at once!</p> <p>Purchases for all players are half price in the next round.</p> <p>(This card does not count as a move in your turn. Round up if 50% is not a whole number. If two general sale cards are played, foods are still just 50% off.)</p>	<p>General sale</p> <p>On your turn, play this card at once!</p> <p>Purchases for all players are half price in the next round.</p> <p>(This card does not count as a move in your turn. Round up if 50% is not a whole number. If two general sale cards are played, foods are still just 50% off.)</p>
<p>Impulse buy</p> <p>On your turn, play this card at once!</p> <p>You've spotted some tasty treats that you just have to buy. All players spend £1 from their budget!</p> <p>(This card does not count as a move in your turn.)</p>	<p>Impulse buy</p> <p>On your turn, play this card at once!</p> <p>You've spotted some tasty treats that you just have to buy. All players spend £1 from their budget!</p> <p>(This card does not count as a move in your turn.)</p>

ACTIVITY SHEET

SUPERMARKET STORM

Question cards 1

Print out one copy of this sheet per group of four pairs. Cut out and hand out to each group. At any point during the game, players can request a question to answer. **This counts as two of their three actions during that turn.** Another player must select and read a question card for the player to answer (pairs can discuss their answer).

Players who answer correctly will win an extra £0.50 for their budget!

<p>Q: How many portions of fruit and vegetables should we eat every day?</p> <p>A: 5 A Day</p>	<p>Q: Can you name three foods that give you energy?</p> <p>A: Any carbohydrate, e.g. potatoes, bread, rice, pasta, couscous, other grains, etc.</p>
<p>Q: True or false. It is not safe to eat food past its 'best before' date.</p> <p>A: False. It's not dangerous to eat food past its 'best before' date, but it may not be as good quality. 'Use by' dates are put on foods that go off quickly and can then be unsafe to eat.</p>	<p>Q: How much money does the average UK household waste in avoidable food waste each year?</p> <p>£130 £203 £230</p> <p>A: £230</p>
<p>Q: Where should you store raw meat products?</p> <p>A: In the fridge (on the bottom shelf).</p>	<p>Q: How much fluid (e.g. water) should we drink each day?</p> <p>4–6, 6–8 or 8–10 glasses</p> <p>A: 6–8 glasses. (One glass is about 150ml.)</p>
<p>Q: Where should you store raw meat products?</p> <p>A: Vegetarian proteins include tofu, lentils, nuts, beans and pulses, etc.</p>	<p>Q: Jay is buying bananas for the school five-a-side team. One banana is 15p. Including subs there are 12 people in the team. How much money does Jay need?</p> <p>A: £1.80</p>
<p>Q: Can you name three dairy foods or drinks (or alternatives)?</p> <p>A: Milk, cheese, yoghurt, butter, eggs, oat/soy milk, etc.</p>	<p>Q: True or false. Eating some fat is an important part of a balanced diet.</p> <p>A: True. A small amount of fat is an essential part of a healthy, balanced diet.</p>

ACTIVITY SHEET

SUPERMARKET STORM

Question cards 2

Print out one copy of this sheet per group of four pairs. Cut out and hand out to each group. At any point during the game, players can request a question to answer. **This counts as two of their three actions during that turn.** Another player must select and read a question card for the player to answer (pairs can discuss their answer).

Players who answer correctly will win an extra £0.50 for their budget!

<p>Q: True or false. You can freeze cheese.</p> <p>A: True. You can freeze all cheeses except soft cheese, as freezing affects the texture.</p>	<p>Q: True or false. Whole wheat pasta helps you feel fuller for longer than white pasta.</p> <p>A: True. Higher fibre or wholegrain carbohydrates, such as whole wheat pasta, brown rice or potatoes with their skins on can help make you feel fuller for longer.</p>
<p>Q: Mei found two types of apples. A bag of 6 apples is £2.10, and loose apples are £0.36 each. Which is the cheaper option?</p> <p>A: The bag of 6 apples are the cheaper option, at £0.35 per apple.</p>	<p>Q: Where should you store potatoes?</p> <p>A: In a cool, dark and dry place. Light and moisture can speed up a potato rotting. Potatoes should be well ventilated and not be kept in an airtight container.</p>
<p>Q: Ava has £2.50 to spend for lunch. She has bought an orange (30p) and a tuna and sweetcorn sandwich (£1.49). How much money does she have left?</p> <p>A: £0.71</p>	<p>Q: Can you name three things you might find in the freezer section of a supermarket?</p> <p>A: Frozen peas, ready meals, ice cream, frozen fruit, frozen vegetables, etc.</p>
<p>Q: Name five fruits or vegetables</p> <p>A: Fruits and vegetables include: tomatoes, onions, red peppers, bananas, broccoli, peas and many more! Remember that potatoes don't count, and fruit juice and smoothies can only count for one of your 5 A Day.</p>	<p>Q: True or false. Paying attention to portion size can save money.</p> <p>A: True. Preparing the right portion size can reduce food waste, therefore saving you money you might have lost in wasted food!</p>
<p>Q: Name an example of an oily fish.</p> <p>A: Oily fish includes herring, pilchards, salmon, sardines, sprats, trout, mackerel. Tuna does not count! (Oily fish are a good source of omega-3, which is good for your heart, and vitamin D, which helps keep bones, teeth and muscles healthy.)</p>	<p>Q: Can you name two fruits or vegetables that start with the letter B?</p> <p>A: Banana, Broccoli, Beans, Beetroot, Brussel sprout.</p>