



## The Market



### Introduction to the Exhibit:

Special on Aisle Four! At The Market, kids can grab what they want at the grocery store without having to worry about something breaking, spilling or falling off the shelf! What looks good for dinner tonight? Come up with your own idea for the perfect meal made with local healthy food. If you're not here to shop, why not put on an apron and help those who are browsing pick out fresh fruits and vegetables or choose a lobster to cook? Do you want to be the cashier? Check out everyone's groceries at the register and make sure you put everything in a reusable bag for the next trip to the market. There's always a need for help restocking the shelves or making sure our cans and bottles make it to the recycling center. Thanks for keeping The Market clean and green!

### The Power of Play:

By role playing and creating real life situations, children learn about the world around them and discover key skills important for their success with peers. During play, children strengthen their discoveries about suitable behavior in various situations, as well as enhance their abilities to think creatively. In addition to promoting the growth of imagination, improving memory and increasing vocabulary skills, the opportunity to engage in role play allows children the chance to learn valuable social and perspective-taking skills that they will continue to develop into their adult lives. This exhibit is an ideal place for undirected play to occur, which encourages children to share ("May I please use the shopping basket when you're finished with it?"), listen ("Do you want to make oatmeal for breakfast?") and negotiate ("Let's take turns playing cashier. I'll bag the groceries while you run the machine, then we'll switch.") while learning to work in pairs and/or groups. Role play (such as pretending to be a cashier or a

chef preparing a fancy meal) enables children to make choices and explore while developing language and leadership skills.

**ASK:** Ask your child to weigh the produce. How much do three bananas weigh? Five apples? What weighs more/less? Where does the produce come from? Ask your child to pick out ingredients for a certain meal. When at the check out, ask your child to sort items according to food groups (grains/bread, dairy, fruits and vegetables, etc.). Can your child tell you how much he thinks everything will cost before it's rung up? How close was his estimate to the "actual value?"

**LISTEN:** Listen to your child as she shops for groceries. Is she talking about a specific dish she'd like to make? Is she looking for particular ingredients? What are children saying to each other during the checkout process?

**LOOK:** Does your child bring lobsters from the Lobster Boat over to the market? How does he know to do this? Look at your child's food choices. Are the items similar to those you eat at home, or are they different and therefore present a good opportunity to talk about new foods? Look at the nutrition facts on the labels and explain what they mean to your child.

#### Key Vocabulary WORDS to USE in This Exhibit

recipe    groceries    list    cook    receipt  
fruit    checkout    purchase    ingredients  
basket    cost    healthy    breakfast    vegetable  
lunch    dinner    recycle    cashier

#### After Your Visit: The Learning Continues!

Plan simple meals at home that your child can help you prepare so the next time you write out your grocery list, your child can include ideas for meals and snacks. When you arrive at the store, help your child locate the different ingredients, naming each specific food and noting the various items on the surrounding shelves (For example, when going to buy *ketchup*, you can point out that it is in the same aisle as *mustard* and identify a variety of other *condiments* with your child).

*\*We carefully choose the props and toys included in our exhibits. All of these items are in compliance with Consumer Product Safety Commission (CPSC) lead testing standards.*