memorylanetherapy

A Day at the GROCERY Store

Themed Activity Book for Seniors

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Grocery Items Matching

You will see pictures of grocery items and names below. Draw a line to match each picture with the correct name.

Carrots

Bread

Chicken

Eggs

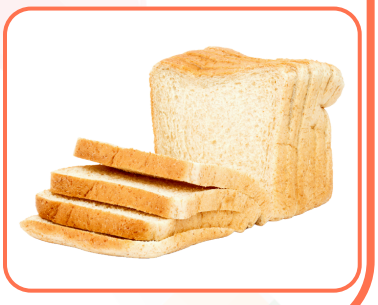
Bananas









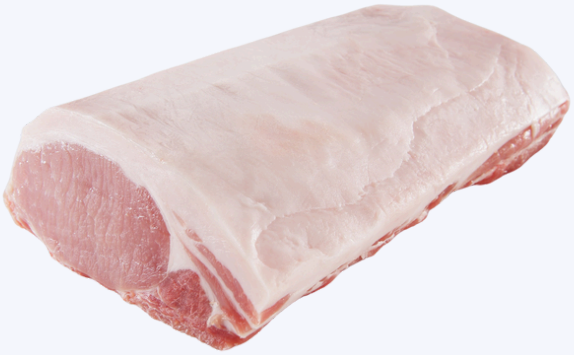


Grocery Vowel Exercises

Instruction: Fill in the missing vowels to complete each word so it matches the picture shown.



P_T_T_ _ S



P _ R K



B _ _ F



C H _ _ S _



CH_C_L_T_



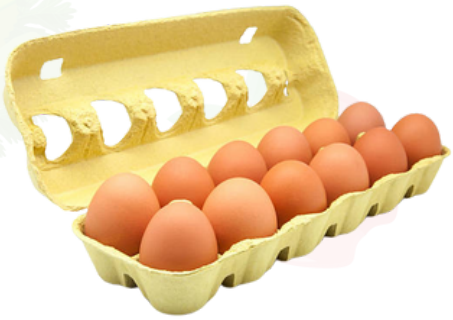
P_ S T _

Grocery Price Guessing Game

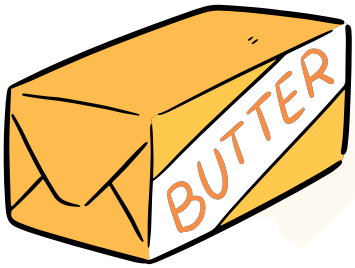
Guess today's prices vs what they cost in the 1950s!



Milk (1 litre)



a dozen eggs



Butter (250g)

Today

1950s



a loaf of bread



Tinned Tuna (95g)



instant coffee (100g jar)

Today

1950s

Grocery Word Search

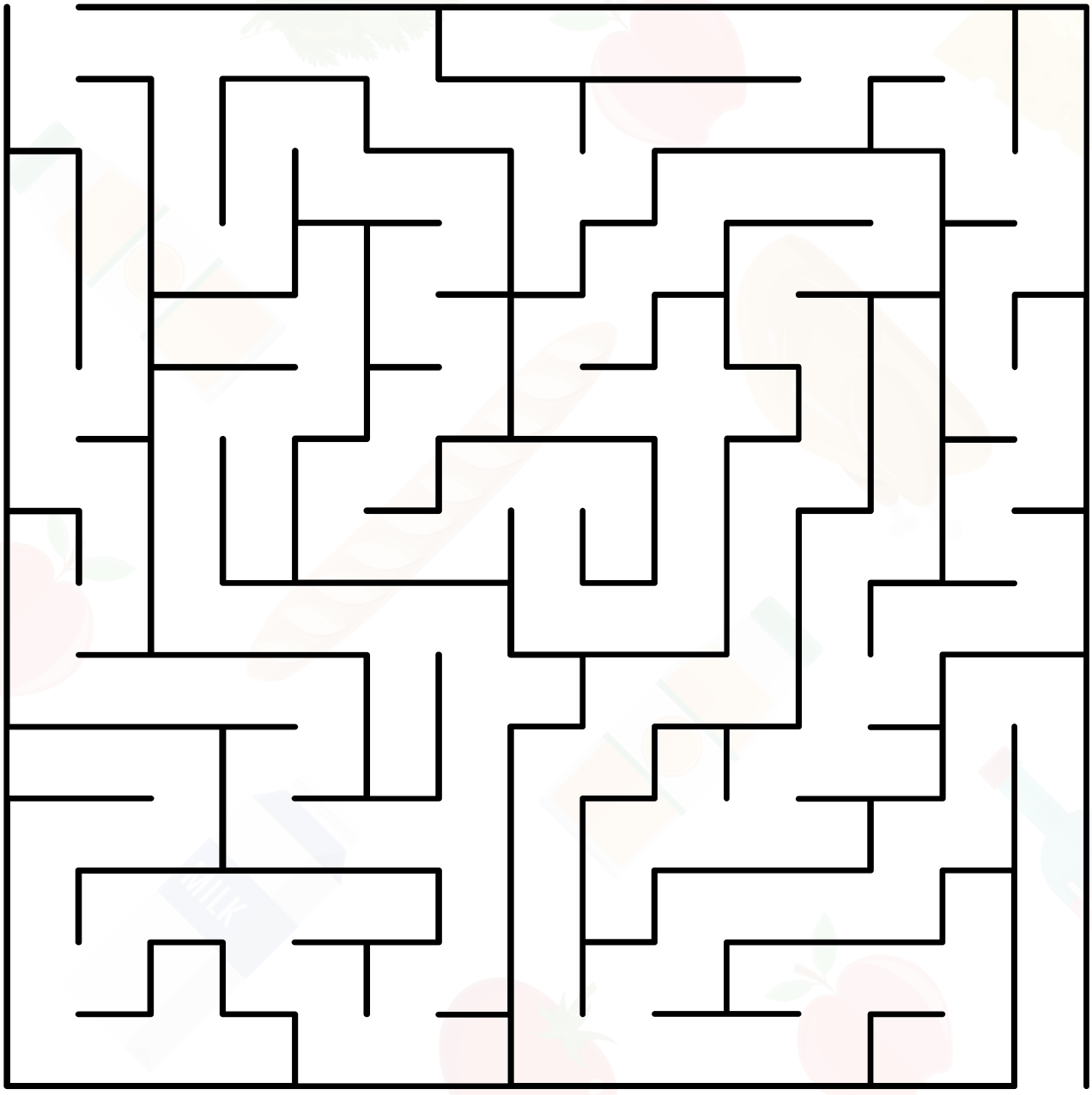
P	M	A	I	O	P	N
A	I	F	L	O	U	R
G	L	U	T	I	N	I
I	K	R	S	L	N	C
X	E	G	G	X	Z	E
B	A	N	A	N	A	A

BANANA	FLOUR	RICE
EGG	MILK	OIL

Grocery Maze

Find your way out of the grocery store!







Find the Right Aisle!

Look at the list of grocery items below. Write the number of each item in the correct aisle section

1. Apples
2. Shampoo
3. Milk
4. Cereal
5. Toilet Paper
6. Chicken Thighs
7. Frozen Peas
8. Toothpaste
9. Cheese
10. Ice Cream
11. Bread
12. Laundry Powder

Fresh Food _____

Frozen _____

Personal Care & Cleaning _____

Pantry & Bakery _____

Reminiscing Time:

Grocery Shopping Back in the Day

Where did your family shop for groceries when you were young?

_____

_____

Do you remember how groceries were packaged? (Paper bags, glass bottles, etc.)

_____

_____

Was there a shopkeeper or cashier you remember well? What were they like?

_____

_____

What were some of your favourite treats or snacks from the store?

_____

_____

What items were common back then that are rare or gone today?

_____

_____

Did your family grow or make any of their own food instead of buying it?

_____

_____

Spot the Difference

Check your receipt carefully — things might not be as they seem!
Circle the 10 differences between Receipt A and B.

Date: 15 May 2025
Store: FreshMart Supermarket
Cashier: Jenny

1. Milk 1L	*$2.20*
2. Bread (White Loaf)	*$3.00*
3. Eggs (Dozen)	*$5.50*
4. Apples 1kg	*$4.00*
5. Butter 250g	*$3.80*
6. Shampoo	*$6.50*
7. Toilet Paper (6 pack)	*$5.00*
8. Chocolate Bar	*$2.50*
9. Cheese Slices	*$4.80*
10. Orange Juice 2L	*$4.20*
TOTAL:	*$41.50*

Payment: Card



Date: 15 May 2025
Store: FreshMart Supermarket
Cashier: Jenny

1. Milk 2L	*$3.90*
2. Bread (Wholemeal)	*$3.00*
3. Eggs (Half Dozen)	*$3.00*
4. Pears 1kg	*$4.00*
5. Butter 500g	*$5.90*
6. Shampoo	*$6.50*
7. Toilet Paper (4 pack)	*$3.40*
8. Chocolate Bar	*$3.00*
9. Cheese Slices	*$4.80*
10. Apple Juice 2L	*$4.20*
TOTAL:	*$42.00*

Payment: Cash



Did You Get Everything?

Look at the trolley and check off the items on the list.

GROCERY LIST

- ☐ Milk
- ☐ Bread
- ☐ Butter
- ☐ Bananas
- ☐ Cereal
- ☐ Toilet Paper
- ☐ Cheese
- ☐ Orange Juice





Name & color your store



Answers Page

Grocery Word Search

P	M	A	I	O	P	N
A	I	F	L	O	U	R
G	L	U	T	I	N	I
I	K	R	S	L	N	C
X	E	G	G	X	Z	E
B	A	N	A	N	A	A

Find the Right Aisle!

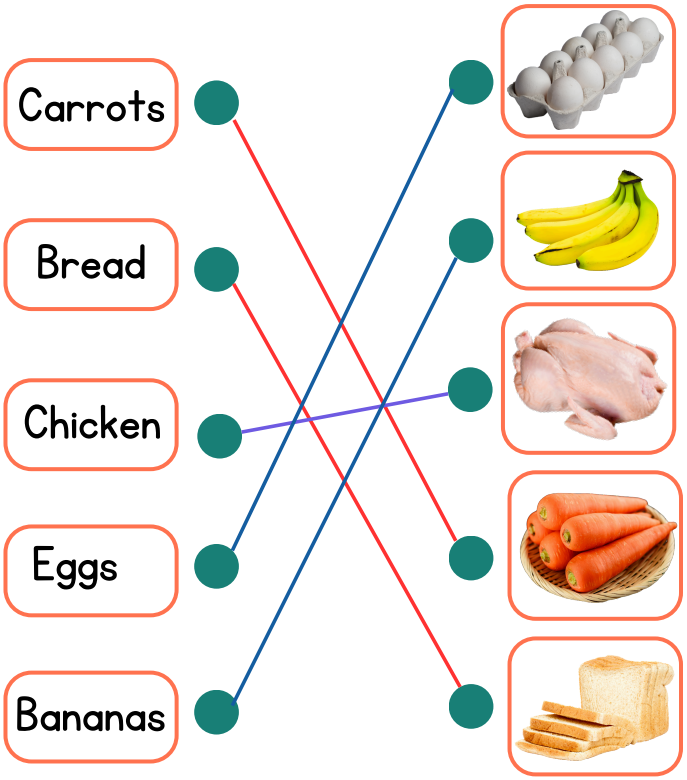
Fresh Food 1 3 9 6

Frozen 7 10

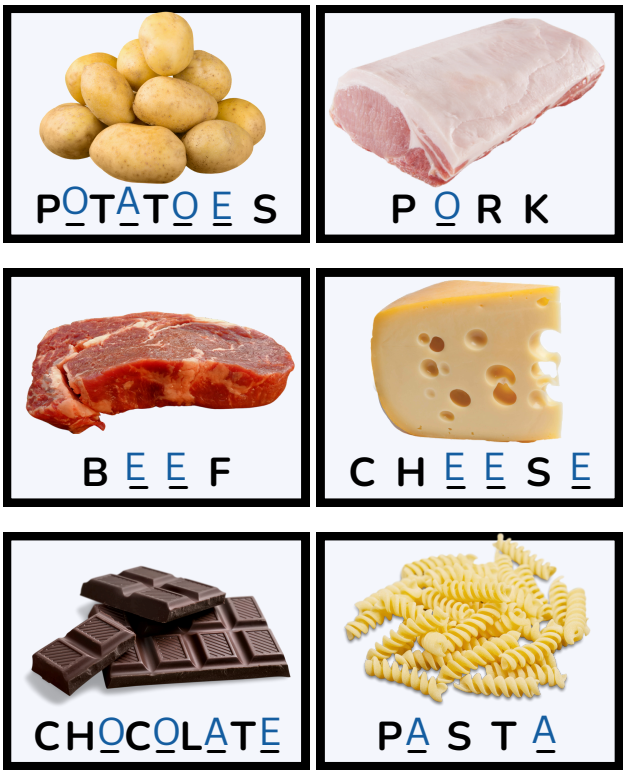
Personal Care & Cleaning 2 5 8 12

Pantry & Bakery 4 11

Grocery Items Matching



Grocery Vowel Exercises



Answers Page

Date: 15 May 2025
Store: FreshMart Supermarket
Cashier: Jenny

1. Milk 2L	*$3.90*	*quantity/price change*
2. Bread (Wholemeal)	*$3.00*	*Type change*
3. Eggs (Half Dozen)	*$3.00*	*quantity/price change*
4. Pears 1kg	*$4.00*	*item swapped*
5. Butter 500g	*$5.90*	*size/price change*
6. Shampoo	*$6.50*	
7. Toilet Paper (4 pack)	*$3.40*	*pack size/price change*
8. Chocolate Bar	*$3.00*	*price change*
9. Cheese Slices	*$4.80*	
10. Apple Juice 2L	*$4.20*	*Type swapped*
TOTAL:	*$42.00*	*Adjusted total*
Payment: Cash		*payment method changed*

Item	1950s USD	2025 USD	1950s AUD	2025 AUD
Milk (1L)	$0.12	$1.07	$0.15	$1.60
12 Eggs	$0.60	$3.99	$0.75	$5.95
Butter (250g)	$0.40	$1.75	$0.50	$2.60
Bread (loaf)	$0.12	$1.88	$0.15	$2.80
Tinned Tuna (95g)	$0.25	$1.20	$0.31	$1.80
Instant Coffee (100g)	$0.50	$3.50	$0.62	$5.20

Item	1950s GBP	2025 GBP	1950s EUR	2025 EUR
Milk (1L)	£0.04	£0.85	€0.07	€1.00
12 Eggs	£0.21	£3.20	€0.35	€3.75
Butter (250g)	£0.14	£1.40	€0.23	€1.65
Bread (loaf)	£0.04	£1.50	€0.07	€1.75
Tinned Tuna (95g)	£0.09	£1.00	€0.15	€1.15
Instant Coffee (100g)	£0.18	£2.80	€0.29	€3.35

Item	1950s NZD	2025 NZD	1950s CAD	2025 CAD
Milk (1L)	$0.18	$1.70	$0.13	$1.50
12 Eggs	$0.90	$6.35	$0.65	$5.60
Butter (250g)	$0.60	$2.70	$0.43	$2.40
Bread (loaf)	$0.18	$2.85	$0.13	$2.50
Tinned Tuna (95g)	$0.38	$1.85	$0.27	$1.65
Instant Coffee (100g)	$0.75	$5.40	$0.54	$4.80

