

3. Try the “Grocery List” exercise to help you practice categorizing a list.

Grocery List, Part 1

*Here is a list of grocery items you need to buy.
Read this list once and then turn to page 180.*

mushrooms

club soda

butter

corn

baking soda

lemons

oatmeal

wild rice

flour

cola

avocado

orange juice

sour cream

yogurt

ginger ale

lettuce

salt

cottage cheese

mozzarella

lemonade

Grocery List, Part 2

Now, write down as many items as you can from the grocery list on page 179.

How many did you remember?

Grocery List, Part 3

Here are the grocery items again. This time, group the items into the categories below.

mushrooms

club soda

butter

corn

baking soda

lemons

oatmeal

wild rice

flour

cola

avocado

orange juice

sour cream

yogurt

ginger ale

lettuce

salt

cottage cheese

mozzarella

lemonade

PRODUCE

DAIRY

BEVERAGES

OTHER

Grocery List, Part 4

Now let's see how many of those grocery items you can recall using categorization!

PRODUCE

DAIRY

BEVERAGES

OTHER

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How did you do? Chances are you remembered more of those items this time around. While working with this list did give you more opportunity to learn the shopping items, categorizing them helped you remember them better than if you had simply read the list several times.

4. Begin practicing your favorite list technique on lists that you commonly use, such as your grocery list, to-do list, or packing list.
5. Tomorrow, recall *in writing* the story “Singapore Limits Its Vehicle Population” from page 172 (without looking at the book, of course). Then check and see how well you remembered it.
6. This week, practice SINGing stories while reading your morning newspaper. When you reach the end of a story, take a moment to SING. By the end of the week you’ll see how much better you are able to remember what you are reading.