Teacher Answer Key

Case Study

1. Your budget, your dietary needs, and the time you have available.

2. Cooking lets you control your dietary choices and prepare nutritious meals at home instead of relying on fast food or pre-packaged options. It also saves you money.

3. It costs more over time and leaves you short on energy. Alex's fast-food habit strains his budget and makes him feel sluggish.

4. Cooking would give Alex nutritious meals at home instead of fast food, which can help with his low energy, and budget-friendly recipes like sheet pan meals or pasta ease the strain on his budget.

Multiple Choice

1. A

2. B

3. D

Q1: It gives them more control over their dietary choices. (Cooking allows teens to prepare healthy meals at home, avoiding unhealthy options.)

Q2: Use a cutting board when chopping ingredients. (Cutting boards protect countertops and keep knives sharp, preventing accidents.)

Q3: It helps you avoid unhealthy last-minute meals. (Planning meals reduces the temptation to grab unhealthy fast food when pressed for time.)

Matching

1-B, 2-C, 3-E, 4-A, 5-D

Fill-in-the-Blank

1) Any two of: Chef's Knife, Cutting Board, Measuring Cups and Spoons, Mixing Bowls, Pots and Pans, Spatulas and Spoons, 2) Unhealthy (Planning meals helps you avoid unhealthy impulse grocery purchases.), 3) Baking (Baking is a versatile technique for various dishes, from vegetables to desserts.)

Short Answer (Sample Responses)

Q1: Learning to cook allows Alex to prepare healthy and affordable meals at home. This can improve his diet, providing him with the nutrients he needs for sustained energy levels.

Q2: Two ways to make cooking more fun: Experiment with different recipes and cuisines to discover new flavors. Cook with friends or family, turning it into a social activity and sharing the workload.

Q3: Any three of these: keep your workspace clean and organized, always use a cutting board when chopping ingredients, never leave hot pots and pans unattended, use oven mitts when handling hot dishes, and wash your hands thoroughly before and after handling food. The second part will vary. A strong response picks one tip and describes a real moment when it could be skipped.