Teacher Answer Key

Case Study

1. Teens who help with grocery shopping and meal planning tend to make healthier food choices. Taking part may also increase their awareness of nutrition and help them build healthy habits.

2. Answers will vary. A strong response connects the choice to the reading's point about nutrition awareness and gives a personal example, such as buying fruit for the week instead of vending machine snacks.

3. Ramen looks cheap, but it does not give him the nutrients he needs, and eating it constantly turns into an unhealthy habit. He also misses the variety of food groups the guide says a balanced diet requires.

4. Answers will vary. Strong picks are planning meals at the start of the week and shopping from a list, cooking larger portions so leftovers cover lunch, and comparing unit prices or buying seasonal produce so healthier food still fits his budget.

Multiple Choice

1. A

2. D

3. C

Q1: Plan your meals for the next few days. (Meal planning helps guide your grocery list and ensures you buy what you need.)

Q2: It allows you to see which brand offers the best value for your money. (Unit price comparison helps you choose the most economical option based on quantity.)

Q3: Browse the bakery section for fresh-baked treats. (Sticking to your list helps avoid impulse buys. The bakery section is known for tempting treats.)

Matching

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

Match 1: Ensuring your body gets the nutrients it needs (Variety in food groups promotes a balanced diet.)

Match 2: Taking advantage of additional savings offered by stores (Digital coupons and loyalty programs offer discounts.)

Match 3: Finding the most affordable option per unit (e.g., price per ounce) (Unit price comparison helps identify the best value.)

Match 4: Saving money by opting for generic equivalents of national brands (Store brands often offer similar quality at a lower cost.)

Match 5: Taking advantage of the best prices on fresh produce (Seasonal produce is typically more affordable and fresh.)

Fill-in-the-Blank

1) Grocery list, 2) Unit, 3) Vegetarian

Short Answer (Sample Responses)

Q1: Planning meals before shopping helps avoid impulse buys, ensures you purchase necessary ingredients, and promotes a balanced diet by incorporating various food groups.

Q2: Two ways to save money on fruits and vegetables include: Buying seasonal produce: Seasonal options are typically more affordable and fresher. Choosing frozen or canned options: Frozen and canned fruits and vegetables can be budget-friendly and offer good nutritional value.

Q3: Here are two healthy and budget-friendly meal options for Mark: Lentil Soup: Lentils are a cost-effective source of protein and fiber. A lentil soup with vegetables is a hearty, nutritious meal that's easy to prepare in bulk for leftovers. Bean Burritos: Dried beans are another affordable protein option. Vegetarian burritos filled with beans, rice, salsa, and vegetables are a delicious and budget-friendly meal. Both options offer a more balanced and nutritious alternative to instant ramen while remaining cost-effective.