Teacher Answer Key

Case Study

1. Only one hundred fifty-two dollars of the two hundred forty-one came from the grocery store, so nearly ninety dollars a week was takeout and convenience store spending that nobody was counting as food. The reading warns that people badly underestimate food spending because it arrives in many small transactions, which is why measuring the real number has to come before managing it.

2. Taking an inventory of the pantry and refrigerator before shopping would have prevented buying a second jar of salsa, since households often buy duplicates of items sitting in the back. Rotating stock first in first out and understanding that best by is a quality estimate rather than a safety deadline would have saved the chicken and the spinach before they were lost.

Multiple Choice

1. A

2. D

3. C

Matching

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

Fill-in-the-Blank

1) planning, 2) shrinkflation, 3) perimeter

Short Answer (Sample Responses)

Q1: Meal planning, taking a pantry inventory, and building the list from the weekly ad all happen at home and decide most of what gets bought. That removes the daily what is for dinner question that produces takeout, and an organized list shortens the trip so the shopper walks down fewer unnecessary aisles.

Q2: Staples are placed at the back so shoppers walk past thousands of products, and the highest-margin items sit at eye level while store brands sit on top and bottom shelves. Eating before shopping and shopping the perimeter first, treating center aisles as a targeted trip, neutralize most of the effect.

Q3: Roughly thirty percent of purchased food is thrown away, which is money already spent that produced nothing at all. Cutting waste in half through better storage, stock rotation, and correctly reading date labels frees real money without changing a single price or giving up a meal.