Teacher Answer Key

Case Study

1. His meal choices were high in refined carbs and unhealthy fats, causing quick bursts of energy but leading to crashes and poor stamina.

2. He added whole grains, lean protein, and nutritious snacks like yogurt and nuts to sustain energy and improve endurance.

Multiple Choice

1. D

2. B

3. C

Matching

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

Fill-in-the-Blank

1) complex, 2) Proteins, 3) Fats

Short Answer (Sample Responses)

Q1: Healthy fats contribute to hormone balance and longer-lasting energy, so omitting them may lead to quicker fatigue during physical activities.

Q2: A balanced mix of carbs, proteins, and fats ensures steady energy release and better concentration for classes and exams.

Q3: Teens can add eggs or lean meats to breakfast, use beans in lunch wraps, or include low-fat dairy and nut butters to boost protein intake.