Teacher Answer Key

Case Study

1. Kayden relied on bagels, chips, and instant noodles, leading to low-nutrient, high-carb meals that left him tired.

2. Adding more vegetables, whole grains, lean proteins, and occasionally fish provided consistent energy and better focus.

Multiple Choice

1. D

2. A

3. C

Matching

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

Fill-in-the-Blank

1) MyPlate, 2) fruits and vegetables, 3) dairy

Short Answer (Sample Responses)

Q1: They may think they can't eat favorite dishes, but MyPlate simply helps balance portions; you can still enjoy cultural and occasional indulgent foods in moderation.

Q2: Fruits and vegetables supply vital nutrients and fiber, supporting steady energy release and helping with concentration and physical performance.

Q3: They can choose lactose-free milk, soy milk, almond milk, or other fortified plant-based options, ensuring they still get calcium and vitamin D.