Teacher Answer Key

Case Study

1. She skipped meals, had mostly coffee and pastries, and relied on quick, nutrient-poor foods.

2. Incorporating balanced meals and snacks boosted her energy, reduced illnesses, and helped her maintain focus for debate.

Multiple Choice

1. B

2. A

3. D

Matching

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

Fill-in-the-Blank

1) Calcium, 2) energy, 3) Omega-3

Short Answer (Sample Responses)

Q1: Without sufficient vitamins, proteins, and minerals, the immune system weakens, and lack of sustained energy can lead to fatigue.

Q2: They might pack a protein-rich snack, add fresh fruit to breakfast, or choose whole grains instead of refined carbs.

Q3: Nutritious meals stabilize blood sugar and supply essential vitamins for brain function, which can ease stress and support better mood.