Teacher Answer Key

Case Study

1. He bought an ingredient without connecting it to a specific meal on a specific day, so nothing ever triggered him to use it before it spoiled. A plan is what links a purchase to a dinner, and without that link the spinach was money spent on food that was always going to be thrown away.

2. A planned leftover has a night assigned to it, so it is part of the week's structure and gets eaten as scheduled. An accidental leftover has no claim on any particular evening, so it stays in the container until it is too old to want, which turns food already paid for into waste.

Multiple Choice

1. B

2. A

3. D

Matching

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

Fill-in-the-Blank

1) two, 2) four, 3) 165

Short Answer (Sample Responses)

Q1: The hardest decisions get made when a person is hungry, tired, and has not decided anything, and at that point the fastest option wins almost every time. Planning moves the decision to a moment when someone can actually think it through, so the tired version of them only has to follow a choice that was already made.

Q2: A plan built to fill every night has no slack, so the first ordinary disruption breaks it and the whole week gets abandoned. Four planned dinners plus a leftover night and a deliberately flexible night absorbs the disruption instead, which is why the smaller plan is the one that survives the week.

Q3: The larger size is usually cheaper per unit but not always, and a sale on a smaller package can beat it, which is exactly what the unit price tag is for. Bulk is also only a savings if the food gets eaten before it spoils, so a large package that goes bad costs more than the small one would have.