Teacher Answer Key

Case Study

1. Jackson ate fast food regularly, leaving him feeling sluggish and spending too much.

2. By prepping meals, he improved his energy, saved money, and had healthier options readily available.

Multiple Choice

1. B

2. D

3. C

Matching

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

Fill-in-the-Blank

1) Meal prepping, 2) blood sugar, 3) time management

Short Answer (Sample Responses)

Q1: It ensures they have nutritious meals or snacks on hand, preventing reliance on quick, unhealthy options after tiring schedules.

Q2: Vary ingredients, try new recipes, use theme nights, and switch up cooking methods like grilling, roasting, or stir-frying.

Q3: Buying items in bulk and cooking in large batches is cost-effective, reduces waste, and provides easy-to-reheat meals.