Teacher Answer Key

Case Study

1. Substituting means running parallel versions of one recipe, which multiplies equipment, timing, and chances for error while still producing a main dish plus accommodations. Building around a naturally compliant center like a rice bowl and serving components separately means one meal satisfies every restriction through assembly rather than through separate cooking.

2. Reading the label protected against hidden gluten in an unexpected product, since ingredients like barley malt appear in foods nobody associates with wheat. The clean spoon protected against cross-contact, because gluten transferred from a shared utensil is enough to trigger intestinal damage in celiac disease even though no gluten ingredient was in the dish.

Multiple Choice

1. B

2. D

3. D

Matching

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

Fill-in-the-Blank

1) honey (or: gelatin), 2) villi, 3) cross-contacted

Short Answer (Sample Responses)

Q1: The claim is that a well-planned vegan diet is adequate at every life stage, not that any diet without animal products is healthy. A pattern built on fries, white bread, and soda meets the definition of vegan while missing B12, iron, calcium, and fiber, so the planning is what produces the nutritional adequacy.

Q2: Plant foods contain non-heme iron, which the body absorbs less efficiently than the heme iron found in meat. Vitamin C substantially increases absorption of non-heme iron, so eating an iron-rich food together with a vitamin C source such as tomatoes gets more of that iron into the body than the beans would deliver on their own.

Q3: Gluten-free only means the product lacks a specific protein, which is medically necessary for some people and nutritionally irrelevant for everyone else. Wheat flour is enriched with B vitamins and iron by law while most gluten-free flours are

not, so the substitutes are often lower in fiber and several nutrients and higher in sugar or fat.