Teacher Answer Key

Case Study

1. They realized healthier ingredients need not compromise taste, encouraging them to adopt similar substitutions at home.

2. Fresh salsa typically has fewer preservatives and more vitamins, making it nutritionally superior and more flavorful.

Multiple Choice

1. B

2. A

3. B

Matching

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

Fill-in-the-Blank

1) Foodborne illness, 2) Salt, 3) healthier adaptations

Short Answer (Sample Responses)

Q1: They can adhere to temperature guidelines, separate raw from cooked foods, provide ample sanitation stations, and label allergens clearly.

Q2: Mindful eating helps individuals appreciate cultural dishes without overindulging, thus balancing enjoyment with health goals.

Q3: Whole ingredients often retain more nutrients and natural flavors, enhancing both the taste and the health profile of a meal.