

Check Your Answers: After You Read

Section 28.1

Review Key Concepts

1. A family's food budget will depend on the family's income, the size of the family, the age of the family members, and available time and food preparation skills.
2. Your shopping list should include ingredients needed for planned meals, staples that you are out of or running low on, and other items such as paper goods or frozen meals for emergencies.

Practice Academic Skills

3. A possible answer might be: I will buy healthy fruits and vegetables from a farmers' market or food co-op. I will try and avoid prepared, frozen meals. I will buy my staples from a local supermarket.
4. Advantages might include the convenience of online shopping, time savings, and a decrease in impulse purchases. Disadvantages might be that you trust someone else to select your produce, you cannot actually look at or hold any of the food, and you must decide what you want in advance.

Section 28.2

Review Key Concepts

1. Answers may include any three of the following categories: calories, nutrients, vitamins and minerals, serving size and number, % Daily Value, or % Daily Value explanation.
2. Poultry should look plump and meaty, and the skin should be creamy white to yellow with no bruises.
3. Some supermarkets have express lanes or self-scan lanes.

Practice Academic Skills

4. Essays will vary but should contain an opening, a body, and a conclusion. The essay should clearly state a position and then offer supporting details for buying or not buying organic produce.
5. Lists will vary based on culture researched. For example, Greek cuisine uses meat from sheep. Some prepared dishes include moussaka, souvlaki, and dolma.