

## Written Activity One

### 10+ Questions!

1. Describe a time when you had to plan a meal or dish for a special event. What were the considerations you had to make in the planning process?

Last year, I had to plan and prepare dinner for my sister's birthday. The guest list included ten people, including some of her friends with specific dietary restrictions. Three of them are vegetarian, one is gluten-free, and one has a nut allergy. The first thing I had to consider was creating a menu that could cater to all these dietary requirements, how much money I had, and how much time I had available to prepare the dish.

What did you do to ensure that you meet these considerations?

I made a baked vegetarian risotto; it was gluten-free and did not contain meat. I choose to use sunflower seeds as a topping instead of pine nuts. I also made a salad. I was able to make the risotto and place it in the oven. Then I washed all the dishes and set the table. I made the salad earlier that day.

2. Can you give an example of a situation when you had limited time and had to make a meal?

Last week, I had a math SAC to study for and less than an hour to prepare dinner.

What kind of meal did you choose to prepare and why?

I made a stir-fry because it's quick, and I had vegetables and chicken leftover from the previous night.

How did you manage your time to ensure the meal was ready when needed?

To manage my time, I chopped all the ingredients first, then started cooking while the rice was boiling. This way, everything was ready at the same time, and I could get back to my study quickly.

3. Consider a day when you have lots of time and want to try cooking a more complex meal. What steps would you need to take in terms of planning, shopping, and preparing?

I decided to cook a lasagne from scratch on a free Sunday. I began by choosing a recipe and making a list of ingredients I needed. I shopped for fresh produce and cheeses in the morning—preparation involved cooking the meat sauce, making the bechamel, and boiling the pasta.

How would you manage your time during the cooking process to ensure all components of the meal are ready at the same time?

To ensure everything was ready at the same time, I started with the most time-consuming task, the meat sauce. While it simmered, I made the bechamel and boiled the pasta. Finally, I assembled and baked the lasagna, timing it to be ready for dinner.

- How does the size of your food budget influence your meal planning and grocery shopping? Provide examples of the types of meals and ingredients you might choose if you had a smaller or larger budget.

The size of my food budget greatly impacts my meal planning and shopping. If I had a smaller budget, I'd focus on economical meals like pasta, stir-fries, and soups, using ingredients like canned goods, frozen vegetables, and cheaper cuts of meat. Buying items like rice and pasta in bulk could also help me save money. On the other hand, if I had a larger budget, I'd use diverse recipes and include more expensive items like fresh fish, organic produce, or specialty foods. I might also be more inclined to try new recipes with special ingredients.

- Discuss the relationship between convenience and cost when preparing meals. Can you give examples of situations where you might choose convenience over cost and vice versa?

Money plays a big role when deciding between convenience and cost. If I'm having a hectic week and can afford it, I might opt for a meal kit or pre-chopped vegetables to save time, even though they cost more. However, if I'm trying to save money, I would buy whole vegetables and meats and prepare them myself. While it takes more time, it's much cheaper than pre-prepared options.

- How does the Australian Guide to Healthy Eating and the Australian Dietary Guidelines help you make healthier food choices?

The Australian Guide to Healthy Eating and the Australian Dietary Guidelines provide clear, straightforward advice on healthy eating. They teach us about the five major food groups and the proportions in which we should consume them daily. For example, I learned that we should aim for plenty of vegetables and fruits, moderate amounts of grains, lean meats and poultry, and smaller amounts of dairy.

Can you give examples of how you might apply this advice in your meal planning and preparation?

In my everyday meal planning and preparation, I apply this advice by ensuring I include food from all the groups in my daily food intake. The guidelines also recommend limiting processed foods, so I try to avoid or reduce the use of pre-packaged meals or snacks and opt for whole, fresh foods instead.

7. Discuss the concept of 'mindful eating'.

Mindful eating involves paying attention to our eating experience, savouring flavours, and listening to our body's signals.

Discuss the concept of 'portion control'.

Portion involves being aware of how much food we serve ourselves and others.

How can these practices influence our health, and how can they be implemented in our daily life?

Being mindful eaters and practicing portion control helps us manage our calorie intake and prevents overeating. It can improve digestion and nutrient absorption. When we eat slowly and mindfully, we allow our bodies to properly break down and digest food, maximising the absorption of nutrients. This can enhance our overall nutrient intake and support various bodily functions, such as immune function, cognitive function, and energy levels.

8. What healthy cooking methods can enhance the nutritional value of meals?

Healthy cooking methods that can enhance the nutritional value of meals include grilling, baking, and steaming. These methods help reduce the amount of added fats and oils in the cooking process, resulting in lower calorie content.

How might you adapt a recipe to make it healthier using these methods?

To adapt a recipe to make it healthier, you can substitute deep-frying with baking or grilling to reduce the overall fat content. Additionally, using herbs and spices for flavouring instead of high-sodium sauces or condiments can reduce excessive salt intake.

9. How might prioritising sustainability in our food choices influence where and how we shop for groceries?

Prioritising sustainability in our food choices can influence where and how we shop for groceries by encouraging us to seek out local food sources and support farmers' markets or local food co-ops. It can also lead to a preference for purchasing seasonal produce, which is often fresher and has a lower carbon footprint due to reduced transportation.

10. How can adopting a sustainability-focused approach to food, such as choosing locally sourced and seasonal produce, contribute to a more sustainable food system?

Adopting a sustainability-focused approach to food, such as choosing locally sourced and seasonal produce, can contribute to a more sustainable food system by reducing the environmental impact of long-distance transportation, supporting local farmers and the local economy, and promoting fresher and nutrient-dense food options.

## Written Activity Two

### Meatless Mondays and the Environment

Read the information at this link: <https://www.mondaycampaigns.org/meatless-monday/about>

Watch this video: [https://youtu.be/6\\_W8YSeTWN\\_E](https://youtu.be/6_W8YSeTWN_E)

Your task is to write a persuasive essay encouraging people to participate in Meatless Monday and explain why it is important for the environment.

Below are step-by-step instructions for writing a persuasive essay.

#### Introduction:

Start with an attention-grabbing opening sentence or a relevant quote to hook the reader.

Provide a brief overview of Meatless Monday, explaining that it is a global campaign encouraging people to go meat-free on Mondays.

State your stance on the importance of Meatless Monday for the environment.

#### Background Information:

Provide background information about the environmental impact of meat consumption, such as greenhouse gas emissions, water usage, and deforestation associated with livestock production.

Explain how these environmental issues contribute to climate change, water scarcity, and loss of biodiversity.

#### Benefits of Meatless Monday:

Present the benefits of participating in Meatless Monday for the health of the planet:

- Reduced carbon footprint: Explain how reducing meat consumption can help lower greenhouse gas emissions and combat climate change.
- Water conservation: Discuss how meat production requires significant amounts of water and how going meatless can help conserve this valuable resource.
- Preservation of forests: Describe how the livestock industry drives deforestation for grazing land and feed production and how choosing plant-based meals on Mondays can help protect forests.

Present the benefits of participating in Meatless Monday for the health of people:

- Address potential concerns about nutrition and health when adopting a meatless diet.
- Explain that a well-planned vegetarian or vegan diet can provide all the necessary nutrients and offer numerous health benefits.
- Mention the importance of including a variety of plant-based protein sources and other essential nutrients in one's diet.

#### Concerns about Meatless Mondays

- Nutritional Concerns: Some argue a meatless diet lacks essential nutrients like protein, iron, and vitamin B12, raising concerns about meeting nutritional needs without meat.
- Cultural and Personal Preferences: Critics claim Meatless Mondays interfere with cultural practices and personal enjoyment of food, which often include meat as a central component.
- Economic Impact: Reduction in meat consumption on Mondays may negatively affect the meat industry and related businesses, potentially leading to job losses and economic repercussions.

#### Conclusion:

Summarise your main points and restate the importance of Meatless Monday for the environment.

End with a compelling closing statement that leaves a lasting impression on the reader.

#### Citing References and a Bibliography

Watch this video to find out how to cite resources in your Research Inquiry Report: <https://youtu.be/hqHusfPzLys>

Watch this video to find out how to use Microsoft Word to cite references and create a bibliography:

<https://youtu.be/8okEQzUSbd0>

### How can I make sure the information I use is valid?

To determine the validity of the information used in your Research Inquiry Report, consider the following criteria:

- Source: Consider the credibility and expertise of the source by assessing factors such as the author's qualifications, the reputation and reliability of the publication or website, and whether the information is supported by other reputable sources.
- Purpose: Examine the purpose behind the information. Identify potential biases or motivations that may influence the content, such as political, commercial, or ideological interests. Look for balanced and objective perspectives.
- Context: Evaluate the relevance and applicability of the information to your research question. Consider the date, geographical location, and cultural or social factors that may impact the validity of the information in relation to your specific context.
- Presentation of evidence: Assess how evidence is presented. Look for clear references to data, research studies, or expert opinions that support the information. Check for proper citations and cross-references to ensure accuracy and reliability.
- Language use: Analyse the language used in the information. Look for clear, concise, and objective communication. Watch out for exaggerated claims, loaded language, or emotional appeals that might indicate bias or lack of credibility.

## Written Activity Three

### Reducing Food Waste Through Effective Meal Planning

In this task, you will pretend to be a well-known food blogger. Your task is to prepare a blog or video about reducing food wastage in the home through effective meal planning, management, and decision-making. The video you create must contain engaging and informative content with the following information.

#### Tip about Meal Planning:

- Explain the importance of meal planning in reducing food waste.
- Provide a practical tip or strategy for effective meal planning.

#### Storage Tip:

- Describe a storage tip or technique that helps extend the shelf life of food.
- Explain how proper storage can prevent food waste.

#### Tip about Using Leftovers:

- Share a creative idea for using leftovers to create new meals or repurpose ingredients.
- Highlight the benefits of using leftovers to minimize food waste.

#### Tip about Over Purchase:

- Discuss a tip or strategy to avoid over-purchasing food items.
- Explain how shopping choices can help reduce food waste.

#### Tip about Other Benefits:

- Explore and explain other benefits of reducing food waste besides saving money.
- Provide examples of how reducing food waste positively impacts the environment or community.

#### Content Creation:

Choose one of the following formats to present your content:

- Written Blog Post or Video - Consider visuals, storytelling techniques, and engaging presentation to enhance your message.

#### Reflection Discussion Questions:

Reflect on the activity and your content creation process:

1. What insights did you gain about reducing food waste through effective meal planning?
2. What challenges did you face while creating your content, and how did you overcome them?
3. How do you think your content will engage and educate your followers?

## Written Activity Four

### 4 Ingredients!

In this activity, you will analyse the 4 Ingredients model's approach to health, sustainability, and cost-effectiveness in food preparation.

Visit the website: www. <https://www.4ingredients.com.au/recipes>

Select one savoury and one sweet recipe to examine.

Using the PMI chart below, list the Pluses, Minuses, and Interesting points about each of the recipes with regard to how they best meet health, sustainability, and cost-effectiveness goals and values.

4 Ingredients Recipes	Goals and Values	Pluses (Positive aspects),	Minuses (Negative aspects),	Interesting Points (Thought-provoking observations)
Savoury Recipe	Health			
	Sustainability			
	Cost-effectiveness			
Sweet Recipe	Health			
	Sustainability			
	Cost-effectiveness			

#### Group Discussion Questions:

1. What were some common Pluses, Minuses, and interesting points that many groups shared?
2. Were there any points that sparked disagreement or debate within your group?
3. How well does the 4 Ingredients model balance health, sustainability, and cost-effectiveness?

## Written Activity Five

### 4 Ingredients: A Recipe for Disaster!

Read the article at this link: <https://www.adelaidenow.com.au/ipad/ingredients-a-recipe-for-disaster/news-story/cfb0685657640f7ddb1c209042a817e7>

Answer the following questions:

1. What are the 4 Ingredients recipe books and the TV show all about?

The recipe books are about using only four or fewer ingredients in each recipe.

The TV show features the two authors and focuses on quick, easy, and delicious recipes using minimal ingredients.

2. How did the author of the article describe the recipes featured on the 4 Ingredients show? Provide examples from the article.

The author criticises the recipes, considering them simply an assembly of store-bought food items.

Examples of recipes mentioned in the article include the "Curry Pie," made with sliced bread, milk, and a can of sweet curry, and the "easy casserole," composed of chopped steak, a bag of frozen vegetables, and V8 juice.

3. According to the article, what is the author's opinion of the cooking show and its concept? Explain.

The author has a negative opinion of the show, referring to it as the worst cooking show and finding the 4 Ingredients women insufferable.

The author criticises the show's concept, considering it ridiculous and questioning its ability to teach viewers about food and cooking.

4. Why does the author criticise the use of ingredients in the 4 Ingredients recipes?

The author criticises the show for relying heavily on store-bought and pre-made ingredients rather than fresh and homemade options.

The author finds the use of pre-made sauces and canned foods to be unhealthy and unappealing.

5. How does the author feel about the simplicity of the 4 Ingredients recipes? Provide evidence from the article to support your answer.

The author expresses dissatisfaction with the simplicity of the 4 Ingredients recipes, suggesting that cooking shows are supposed to teach people how to cook, not just provide simple assembly instructions.

The author uses the example of spreading store-bought pesto sauce on a lamb chop, considering it more of a serving suggestion than a recipe.

6. What does the author suggest about the potential drawbacks of using only four ingredients in every recipe?

The author implies that relying solely on four ingredients in every recipe may lead to boredom and a lack of variety in meals.

The author suggests that the focus on limited ingredients could result in increased expenses and potential health concerns due to the reliance on pre-made and processed ingredients.

7. In contrast to the 4 Ingredients approach, what type of cooking does the author prefer? Why?

The author does not explicitly mention the type of cooking they prefer, but they express a preference for more complex and involved recipes that involve a broader range of ingredients.

The author's mention of making dinner with nine ingredients implies a preference for recipes that offer more creativity and variety.

8. How do the author's values and goals, in terms of time, money, health, and sustainability, differ from the values and goals of the authors of the 4 Ingredients book and TV show?

**Time:** The author's approach to cooking appears to involve more complexity and involvement in recipes, suggesting a willingness to invest time in cooking. In contrast, the 4 Ingredients concept aims to make cooking quicker and easier by limiting the number of ingredients used in each recipe.

**Money:** The author criticises the 4 Ingredients approach, which relies on store-bought and pre-made ingredients. The author values the use of fresh vegetables and implies that choosing fresh ingredients over pre-packaged ones would be more cost-effective.

**Health:** The author expresses concerns about the healthiness of relying on pre-made sauces, canned foods, and processed ingredients, as featured in the 4 Ingredients recipes. The author emphasizes the importance of fresh ingredients and suggests that using pre-made ingredients in the 4 Ingredients approach may be detrimental to health.

**Sustainability:** The article does not explicitly discuss the author's views on sustainability. However, the author's criticism of the 4 Ingredients concept, which relies on store-bought ingredients and pre-made sauces, could imply a preference for a more sustainable approach that promotes cooking with fresh and locally sourced ingredients and promotes food sovereignty.

## Summary Activity

Complete the following tasks.

<p><b>What is the main idea about this key knowledge and key skills?</b></p>	
<p>Write two or three sentences in your own words.</p> <p>The main idea of these outcomes is to emphasize effective planning, management, and decision making in food provision and preparation in a home or small-scale setting. It involves considering resources such as time and money, as well as values like health and sustainability. The outcomes also aim to develop and demonstrate food knowledge and skills by applying the principles of effective planning, management, preparation, and cooking. Students are encouraged to design and develop practical food solutions in response to opportunities or needs in domestic or small-scale settings. These outcomes highlight the significance of thoughtful decision making and the application of knowledge and skills to achieve optimal results in food provision, preparation, and cooking.</p>	
<p><b>What are the overall benefits of effective planning and management in the kitchen?</b></p>	
<p>Effective planning and management in the kitchen offer several benefits: time savings, cost savings, healthier choices, sustainable practices, skill development, and practical solutions.</p>	
<p><b>How does time as a resource impact meal planning, shopping, and preparation?</b></p> <p>Limited time leads to choosing simpler recipes or using home meal kits for convenience.</p> <p>Time constraints may result in opting for online grocery delivery or buying in bulk to save time and money.</p> <p>Available time determines the complexity of meals, with quick options like one-pan dinners or prepped meals for time-constrained situations.</p>	<p><b>What strategies can be employed to effectively manage time during cooking?</b></p> <p>Perform tasks simultaneously, like chopping while simmering or preparing a sauce while roasting.</p> <p>Begin with tasks requiring the most time and coordination to ensure timely completion.</p> <p>Pre-chop vegetables, measure spices, and marinate proteins in advance.</p> <p>Opt for pressure cooking or one-pan meals to reduce cooking time.</p> <p>Wash dishes while dishes are cooking to minimise post-cooking cleanup.</p> <p>Choose recipes that fit the available cooking time.</p>
<p><b>How does money as a resource impact meal planning and preparation?</b></p>	<p><b>What strategies can be employed to effectively manage money when meal planning, shopping, and preparing food?</b></p>

<p>The available budget determines the types of meals that can be planned and prepared.</p> <p>Money availability influences the quality and variety of ingredients purchased.</p> <p>Decisions must be made regarding the trade-off between convenience and cost when selecting pre-packaged meals or cooking from scratch.</p> <p>The budget affects the selection and quality of kitchen equipment.</p> <p>Budget constraints determine the variety and complexity of meals that can be planned.</p>	<p>The available budget determines the types of meals that can be planned and prepared.</p> <p>Money availability influences the quality and variety of ingredients purchased.</p> <p>Decisions must be made regarding the trade-off between convenience and cost when selecting pre-packaged meals or cooking from scratch.</p> <p>The budget affects the selection and quality of kitchen equipment.</p> <p>Budget constraints determine the variety and complexity of meals that can be planned.</p>
<p><b>How might people's personal values of health influence people's meal planning decisions?</b></p>	<p><b>What considerations should be made regarding health when meal planning, shopping, and preparing meals?</b></p>
<p>Health-conscious individuals prioritize fresh and nutritious ingredients, focusing on whole grains, lean proteins, and a variety of fruits and vegetables.</p> <p>They choose foods that are rich in fibre, vitamins, and minerals while avoiding processed and sugary options.</p> <p>Health-focused individuals consider appropriate serving sizes to maintain balance in their diet.</p> <p>They aim to create meals that include a combination of macronutrients and food groups.</p> <p>Personal health values may lead to dietary restrictions or preferences, such as vegetarian or vegan choices.</p> <p>Health-conscious individuals opt for healthier cooking techniques like grilling, baking, steaming, or sautéing to minimise added fats.</p>	<p>Ensure meals are well-balanced, incorporating a variety of food groups for essential nutrients.</p> <p>Be mindful of serving sizes to maintain a healthy calorie intake.</p> <p>Prioritise fresh, whole foods over processed options for better nutrient content.</p> <p>Choose foods rich in nutrients, such as fruits, vegetables, whole grains, lean proteins, and healthy fats.</p> <p>Consider any specific dietary restrictions or needs, such as allergies or intolerances.</p> <p>Be mindful of added sugars in processed foods and beverages.</p> <p>Choose lower-sodium options to promote heart health.</p> <p>Hydration: Remember to consume water and healthy beverages throughout the day.</p> <p>Opt for cooking methods that use minimal added fats, such as grilling, baking, steaming, or sautéing.</p> <p>Practice mindful eating by eating slowly and paying attention to hunger and fullness cues.</p>
<p><b>How might people's personal values of sustainability influence people's meal planning decisions?</b></p>	<p><b>What considerations should be made regarding sustainability when meal planning, shopping, and preparing meals?</b></p>

<p>Prioritise plant-based meals to reduce environmental impact.</p> <p>Choose locally sourced and seasonal ingredients to support local farmers and reduce transportation emissions.</p> <p>Opt for sustainably sourced seafood to protect marine ecosystems.</p> <p>Minimise food waste through using leftovers and repurposing ingredients.</p> <p>Select products with minimal packaging and use reusable containers to reduce waste.</p> <p>Support ethical and fair-trade practices in food choices.</p> <p>Prioritise organic and pesticide-free options for health and sustainability.</p>	<p>Prioritise seasonal fruits and vegetables to minimise environmental impact.</p> <p>Select seafood from sustainable sources to protect marine ecosystems.</p> <p>Incorporate more plant-based meals to reduce the environmental footprint of animal agriculture.</p> <p>Reduce Food Waste: Plan meals, store leftovers properly, and repurpose ingredients to minimise food waste.</p> <p>Choose products with minimal packaging and consider reusable containers to reduce waste.</p> <p>Give preference to organic and sustainable food options.</p> <p>Use energy-efficient appliances and cooking methods to conserve energy.</p> <p>Implement composting practices to reduce waste sent to landfills.</p> <p>Practice water conservation during meal preparation and cleaning.</p>
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# Exam Preparation

## Multiple-Choice Questions (5 marks)

Choose the response that is correct or that **best answers** the question.

### Question 1

Identify the statement that best describes the difference between a value and a resource.

- Values are things you can touch or physically possess, while resources are abstract ideas or concepts.
- Values are beliefs and personal preferences, while resources are things that can be used to achieve objectives.
- Personal needs determine values, while resources are universally agreed upon.
- Values are objective and universally agreed upon, while personal beliefs determine resources.

The correct answer is B.

Values are like our personal beliefs and what we like, while resources are the things we can use to get things done. For example, if you value honesty, it means you believe it's important to always tell the truth. On the other hand, resources are the tools or things we use to achieve our goals, like time, money, or materials.

### Question 2

Which of the following food-related scenarios represents a decision that someone who values health may find difficult to make?

- Amy is invited to a birthday party and cannot decide whether she should go to the gym or attend the party.
- Claire is contemplating whether to buy a bag of chips or a bag of candy as a snack.
- Ben is trying to choose between eating a balanced meal with vegetables and lean protein or ordering a large pepperoni pizza.
- David is deciding between having a small piece of dark chocolate or a sugary donut as a dessert.

The correct answer is C.

Ben is trying to choose between eating a balanced meal with vegetables and lean protein or ordering a large pepperoni pizza. This scenario represents a difficult decision for someone who values health because it involves choosing between a nutritious meal and a less healthy option.

Answer A is incorrect because it focuses on a decision between attending a party or going to the gym, not specifically related to food. Answer B and D are wrong as they present choices between unhealthy snacks or desserts without a contrasting healthy option.

### Question 3

What statement best describes the role of time in food preparation?

- Time management during cooking is crucial for multitasking and ensuring all dishes are ready when needed.
- The time spent on cooking has no impact on the taste or quality of the final dish.
- Effective time management primarily influences the decision-making process during meal planning and shopping.
- Quick and convenient meal options like One Pan Dinners and meal prepping eliminate the need for time management in cooking.

The correct answer is A.

Time management during cooking is crucial for multitasking and ensuring all dishes are ready when needed. This statement accurately recognizes the importance of time management in coordinating different cooking tasks and ensuring they are completed in a timely manner.

Answer B is incorrect because the time spent on cooking does impact the taste and quality of the final dish.

Answer C is incorrect as it focuses on time management during meal planning and shopping rather than in the actual cooking process.

Answer D is incorrect, as quick and convenient meal options require effective time management to ensure proper execution.

#### Question 4

Identify the action that demonstrates a value for sustainability in relation to food.

- Ben decides to buy the cheaper breakfast cereal to save money.
- Claire focuses on maintaining a balanced diet to prioritise her health and well-being.
- David regularly prepares homemade meals to spend quality time with his family.
- Amy chooses to purchase locally grown fruits and vegetables from her local farmers' market.

The correct answer is D.

This action demonstrates a value for sustainability in relation to food because buying locally reduces the carbon footprint associated with transportation and supports local farmers.

Answer A is incorrect as it relates to financial savings rather than sustainability.

Answer B focuses on health priorities, not specifically sustainability.

Answer C emphasises family time but does not directly relate to sustainable food choices.

#### Question 5

Jamie needs to prepare a meal for her family. She has little available time. Which of the following meals would be most suitable for Jamie to prepare?

- Slow-cooked beef stew that requires several hours of simmering on the stovetop.
- A one-bowl stir-fry.
- Homemade lasagne with multiple layers of ingredients and a lengthy baking time.
- Grilled steak with a marinade needs to be prepared in advance and left to marinate for several hours.

The correct answer is B.

This option is the most suitable for Jamie with little available time because it requires less time for preparation and cooking compared to the other options.

Answer A is time-consuming as it involves several hours of simmering.

Answer C requires multiple layers and a lengthy baking time.

Answer D requires advance preparation and marinating time.

## Short Answer Questions (8 marks)

### Question 1 (2 marks)

Explain how having limited available time to devote to meal preparation and cooking may influence people when they are shopping for groceries.

For 1 x 2 marks, the student needed to explain how having limited available time to cook meals may influence people when they are shopping for groceries. Providing an example to support their point was accepted.

Some suggested answers are provided below:

- Individuals may opt for convenience options like home meal kits or grocery delivery services. While these options may be more expensive, they save time on meal planning and ingredient shopping.
- When time is scarce, individuals may opt for quicker and simpler recipes, leading to the selection of ingredients that require less preparation time. This can result in the preference for pre-packaged or pre-cut fruits, vegetables, and other ingredients that facilitate faster cooking.
- Individuals with little available time may prioritise convenience and opt for ready-made or pre-packaged meals. This can involve purchasing home meal kits or selecting pre-cut vegetables and pre-seasoned meats.
- Individuals with little time may choose to prioritize convenience over cost, leading them to purchase pre-chopped vegetables, ready-made meals, or meal kits. Despite the higher cost, these options save valuable time in meal preparation.

### Question 2 (2 marks)

Explain how having limited income may influence peoples' food choices when they are shopping for groceries.

For 1 x 2 marks, the student needed to explain how having limited income may influence peoples' food choices when they are shopping for groceries.

Providing an example to support their point was accepted.

Some suggested answers are provided below:

- Individuals with a tight budget may need to make careful decisions about what types of groceries they can afford. They might choose more economical options, such as generic or store-brand products, and prioritize purchasing staple items like rice, pasta, and canned goods.
- Individuals with a tight budget may need to buy in bulk, take advantage of sales or discounts, and meal plan using affordable ingredients.
- Individuals with a tight budget may need to prioritize essentials and make trade-offs. They may opt for cheaper alternatives, like frozen vegetables instead of fresh ones, and consider buying non-perishable items in bulk to save money in the long run.
- Budget-conscious individuals may also be more selective when it comes to purchasing processed or convenience foods, focusing more on whole, unprocessed ingredients to maximize nutritional value and stretch their budget.
- Individuals with limited income may choose to buy seasonal produce, as it is often more affordable.
- Individuals with limited income may compare prices between different stores or take advantage of discount programs and coupons to save money.
- Individuals with limited resources may adopt cost-saving strategies such as planning meals in advance, making shopping lists, and sticking to a budget.
- Individuals might consider shopping at a discount or bulk store and taking advantage of community programs or food assistance initiatives to help stretch their limited income.

### Question 3 (2 marks)

Explain how valuing health may influence a person's decisions when making a meal.

For 1 x 2 marks, the student needed to explain how valuing health may influence a person's decisions when making a meal.

Providing an example to support their point was accepted.

Some suggested answers are provided below:

- Valuing health can influence a person's decision to incorporate more cooking techniques that promote healthier outcomes. For example, they may choose to bake, steam, or grill their food instead of deep-frying or using excessive oil.
- Portion control becomes a priority for individuals who value health when making a meal. They pay attention to appropriate serving sizes to prevent overeating and maintain a healthy weight.
- They may pay close attention to the allergy warnings on food labels. For example, someone with gluten intolerance may choose gluten-free grains or substitutes, while those with food allergies may avoid allergens.

#### Question 4 (2 marks)

Explain how valuing sustainability may influence a person's decisions when making a meal.

For 1 x 2 marks, the student needed to explain how valuing sustainability may influence a person's decisions when making a meal.

Providing an example to support their point was accepted.

- A person who values sustainability may opt for locally sourced produce and ingredients that are in season.
- Sustainability-conscious individuals may choose to incorporate more plant-based meals into their diet.
- Valuing sustainability means being mindful of food waste. When making a meal, individuals may plan their portions carefully and repurpose leftovers creatively.
- Valuing sustainability means being mindful of food waste. They may also utilise vegetable scraps for making stocks or composting.
- Sustainable cooking methods, such as energy-efficient appliances or using renewable energy sources, may be preferred by those who value sustainability. They may choose to use energy-saving techniques like simmering instead of boiling vigorously or using lids to retain heat and reduce cooking time.