Q1

*Theme: your recipe should be acceptable by this type of consumer*

***Which of the following X ingredients is acceptable to add to your meal?***

* **ingredient A**
* **ingredient B**
* **ingredient C**

Q2

*Based on research* ***findings XYZ*** *most people should reduce their weekly intake of some certain types of foods*

**Choose the most appropriate of the following diets to achieve this**

* diet list 1 (heavy in dairy)
* diet list 2 (heavy in meat)
* diet list 3 (heavy in fiber)

Q3

However, there are plenty of healthier options for your doing certain things.

**Substitute a typical ingredient with another**

* **ingredient A**
* **ingredient B**
* **ingredient C**