

Table 5.2
Potential Reasons Behind a Contrasting Conclusion

<i>Contrasting Conclusion</i>	
<i>“My food is safe, clean, and nourishing, and I can trust the source and preparation”</i>	
Abstract facts and ideas — Things that you know or believe to be true in general.	
a.	Food safety regulations ensure that food is safely handled and stored properly.
b.	Food sustains and nourishes our body.
c.	Proper cooking and food handling techniques ensure food is safe to eat.
d.	Food packaging often includes safety seals and indicators.
e.	Grocery store food supplies are subject to rigorous health and safety regulations.
Personal experience — Your own personal experience, past or present	
a.	I've prepared countless meals without any health issues.
b.	I've followed similar food safety practices for years, and they've always worked.
c.	My family and friends frequently enjoy meals I've cooked without concerns about safety or quality.
d.	I've never experienced food poisoning from my cooking when taking regular precautions.
e.	My past meals prepared using these methods have always tasted fresh and felt satisfying.
Values, standards and rules — The way of doing things according to an accepted principle.	
a.	I follow food safety practices, such as washing hands and cleaning surfaces.
b.	I adhere to proper cooking temperatures and storage guidelines.
c.	I use fresh ingredients and check expiration dates regularly.
d.	I use separate cutting boards for raw meat and vegetables to avoid cross-contamination.
e.	I generally eat healthy foods.
Authorities — A person, institution or organization that is perceived as important.	
a.	Government food safety websites provide comprehensive guidelines that I follow.
b.	Food safety certifications on products indicate adherence to strict safety standards.
c.	Articles from reputable food safety journals support the practices I follow.
d.	Food safety certifications on products indicate adherence to strict safety standards.
e.	Cooking shows and culinary schools emphasize the importance of food hygiene, which I implement.
Hearsay and news — Information that you got from other people, substantiated or not.	
a.	Testimonials from others about the reliability of the stores where I buy my groceries.
b.	Positive reviews and ratings of the food brands I use.
c.	News reports often highlight the safety measures implemented in food production.
d.	Colleagues at work also trust the same grocery stores I frequent for quality produce.
e.	Friends and family members share similar cooking and food safety habits without issues.
Anything else — Anything that does not fit well in the previous categories	
a.	Community cooking classes I attend emphasize safety and hygiene, and I apply these practices.
b.	I believe in continuous learning and improvement in my cooking skills.
c.	I trust the instincts and practices passed down from my family regarding food safety.
d.	Food is to be enjoyed.
e.	My senses tell me that my food is safe to eat.