

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>	
<b>Abstract facts and ideas — Things that you know or believe to be true in general.</b>	
<ul style="list-style-type: none"> <li>a. Food safety regulations ensure that food is safely handled and stored properly.</li> <li>b. Food sustains and nourishes our body.</li> <li>c. Proper cooking and food handling techniques ensure food is safe to eat.</li> <li>d. Food packaging often includes safety seals and indicators.</li> <li>e. Grocery store food supplies are subject to rigorous health and safety regulations.</li> </ul>	
<b>Personal experience — Your own personal experience, past or present</b>	
<ul style="list-style-type: none"> <li>a. I've prepared countless meals without any health issues.</li> <li>b. I've followed similar food safety practices for years, and they've always worked.</li> <li>c. My family and friends frequently enjoy meals I've cooked without concerns about safety or quality.</li> <li>d. I've never experienced food poisoning from my cooking when taking regular precautions.</li> <li>e. My past meals prepared using these methods have always tasted fresh and felt satisfying.</li> </ul>	
<b>Values, standards and rules — The way of doing things according to an accepted principle.</b>	
<ul style="list-style-type: none"> <li>a. I follow food safety practices, such as washing hands and cleaning surfaces.</li> <li>b. I adhere to proper cooking temperatures and storage guidelines.</li> <li>c. I use fresh ingredients and check expiration dates regularly.</li> <li>d. I use separate cutting boards for raw meat and vegetables to avoid cross-contamination.</li> <li>e. I generally eat healthy foods.</li> </ul>	
<b>Authorities — A person, institution or organization that is perceived as important.</b>	
<ul style="list-style-type: none"> <li>a. Government food safety websites provide comprehensive guidelines that I follow.</li> <li>b. Food safety certifications on products indicate adherence to strict safety standards.</li> <li>c. Articles from reputable food safety journals support the practices I follow.</li> <li>d. Food safety certifications on products indicate adherence to strict safety standards.</li> <li>e. Cooking shows and culinary schools emphasize the importance of food hygiene, which I implement.</li> </ul>	
<b>Hearsay and news — Information that you got from other people, substantiated or not.</b>	
<ul style="list-style-type: none"> <li>a. Testimonials from others about the reliability of the stores where I buy my groceries.</li> <li>b. Positive reviews and ratings of the food brands I use.</li> <li>c. News reports often highlight the safety measures implemented in food production.</li> <li>d. Colleagues at work also trust the same grocery stores I frequent for quality produce.</li> <li>e. Friends and family members share similar cooking and food safety habits without issues.</li> </ul>	
<b>Anything else — Anything that does not fit well in the previous categories</b>	
<ul style="list-style-type: none"> <li>a. Community cooking classes I attend emphasize safety and hygiene, and I apply these practices.</li> <li>b. I believe in continuous learning and improvement in my cooking skills.</li> <li>c. I trust the instincts and practices passed down from my family regarding food safety.</li> <li>d. Food is to be enjoyed.</li> <li>e. My senses tell me that my food is safe to eat.</li> </ul>	