



ZERO FOOD WASTE QUIZ

1) What are leftovers?

- a) It's a food that already left after eating meal
- b) Extra fries in a restaurant
- c) Food we store in the fridge

2) Where does most food go to waste in Greece?

- a) On farms
- b) During transportation
- c) At home

3) If we produce food that doesn't get eaten, what else is wasted?

- a) Wildlife habitat
- b) Water
- c) All of the above

4) What are good ways to reduce food waste?

- a) Freeze your food
- b) Use wifted fruits for smoothies
- c) All of the above

5) What food gets tossed the most?

- a) Fruits, vegetables
- b) Milk
- c) Meat

6) What temperature should your refrigerator be set at to keep food fresh?

- a) -5 -0 °C
- b) 0-5 °C
- c) 5-10 °C

7) What does a Best Before Date mean?

- a) How safe food is
- b) How fresh food is
- c) When the food has gone bad and should be thrown out

8) Who should care about food waste?

- a) Only mother because she cooks dinners.
- b) Only father because he goes shopping.
- c) Everyone should be aware of food waste! It's our common responsibility.

9) What can we do with leftovers after lunch?

- a) We can reuse them in another dish.
- b) We can put it in the cupboard for another few days until we want to eat it again.
- c) We should throw them away because everyone is full after a meal.

10) What shouldn't you do while shopping?

- a) Check what you have at home before you shop.
- b) You must buy a lot of products on special sales only.
- c) Make a list of products you want to buy to prevent you from buying unneeded things.

11) What can you do to help prevent food waste?

- a) Don't buy more food than you can cook.
- b) Shop at stores that offer misshapen food at a discount.
- c) All of the above

12) What can food waste be used for?

- a) Composting
- b) Community gardens
- c) All of the above