

HANDOUT 7, pages 1-2**Sustainable Cooking English Vocabulary Quiz: do you know the key terms?****Exercise 1: Match the words with their definitions**

1. Composting	a. A natural process where microorganisms convert sugars into acids or alcohol.
2. Blanching	b. A method of recycling organic waste into nutrient-rich soil.
3. Zero Waste	c. A process of preserving food by removing moisture.
4. Fermentation	d. A practice of minimizing waste by using all parts of an ingredient.
5. Dehydration	e. A method of cooking vegetables briefly in boiling water, then cooling them quickly.

**Exercise 2: Fill in the blanks**

Complete the sentences with the correct word from the box below.

Each word is used only once.

Words: **sustainable, peel, puree, preservation, broth**

1. To reduce food waste, you can use vegetable _____ to make a flavorful soup base.

2. _____ cooking focuses on minimizing environmental impact and reducing waste.
3. Carrot _____ can be used as a base for soups, sauces, or baby food.
4. Food _____ techniques like freezing and canning help extend the shelf life of ingredients.
5. Instead of throwing away vegetable _____, consider using them to make chips or stock.

Exercise 3: Multiple choice

Choose the correct answer for each question.

1. What is the main goal of sustainable cooking?
a) To cook faster b) To reduce environmental impact
c) To use expensive ingredients d) To avoid using vegetables
2. Which of the following is an example of vegetable processing?
a) Blanching vegetables b) Composting food scraps
c) Using plastic packaging d) Throwing away leftovers
3. What does "zero waste" mean in cooking?
a) Cooking without using water b) Using all parts of an ingredient
c) Avoiding the use of spices d) Cooking without heat