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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.



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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