

HANDOUT 5

Quiz for Young Chefs: Zero-Waste Principles in the Kitchen

1. What does “zero waste” mean in the kitchen?

- a) Buying lots of food and throwing away leftovers
- b) Using resources wisely to produce as little waste as possible
- c) Recycling everything, no matter what it is

2. Why is food waste a problem for the environment?

- a) It creates methane, a greenhouse gas
- b) It improves soil quality
- c) It helps animals live longer

3. Which of the following is NOT a key zero-waste principle in the kitchen?

- a) Planning meals carefully
- b) Using single-use plastic bags for every shopping trip
- c) Composting food scraps

4. What is one benefit of using airtight containers for food?

- a) Food stays fresh longer and less food is wasted
- b) Containers become disposable faster
- c) Food becomes more expensive

5. Why should we reduce the use of disposable gloves and paper towels in the kitchen?

- a) They are cheaper than reusable alternatives
- b) They cause pollution and increase waste
- c) They make cooking faster

6. Name one alternative to plastic cling film for covering food.

- a) Aluminum foil
- b) Beeswax wraps
- c) Disposable gloves

7. What is composting?

- a) Throwing food scraps into the trash
- b) Turning food scraps into soil for plants
- c) Burning food waste