

HANDOUT 7, pages 1-2

Self-Assessment Questions for Young Chefs

1. Can I clearly explain what "zero-waste" means in the kitchen and why it's important? → *What arguments would I present if I had to explain this to someone else?*
2. What type of waste is produced the most in my own cooking and why? → *Am I able to reduce it, and how?*
3. Do I plan my meals in a way that generates as little food waste as possible? → *Do I have a system for avoiding overbuying or spoilage?*
4. Am I able to judge when food is still safe to eat, even if it's not "fresh"? → *Do I rely only on expiry dates, or also on my senses and logic?*
5. Do I know at least three different ways to reuse leftovers or scraps in a tasty way? → *Have I personally tried any of them?*
6. Do I make full use of food ingredients (e.g., stems, peels, bones)? → *Do I know what else I could use that I used to throw away?*
7. What disposable items do I use in my kitchen, and which could I replace with reusable alternatives? → *Do I have a plan to reduce them?*
8. Do I know and use different food preservation techniques (freezing, drying, vacuum sealing, etc.)? → *Which of these do I use regularly, and why?*
9. Can I create a new dish from existing leftovers using at least two different cooking techniques? → *If not, what do I need to learn?*
10. Can I write a recipe that includes quantities, steps, and storage suggestions? → *Would my recipe be understandable and usable for someone else?*
11. Do I have a system for sorting kitchen waste (e.g., compostable vs non-compostable)? → *Do I do this at home, or only at school?*

12. How has this topic changed my attitude toward food waste and sustainability in the kitchen? → *Do I now feel like a more responsible cook?*

Usage suggestions:

- Students can complete the questions in writing in their journals, discuss them in groups, or use them as reflection prompts at the end of the day.
- You can also apply an assessment model, such as a scale from 1 (don't know/don't do) to 5 (do consciously and consistently).
- It's an excellent fit for lesson wrap-ups, project conclusions, or supporting self-assessment in learning.