



HANDOUT 8, pages 1-2


Zero-Waste Cooking English Vocabulary Quiz

Do you know the key terms?

 Test your knowledge of zero-waste principles in the kitchen! 🍴✨

Exercise 1: Match the word to its definition

 Can you pair the term with its meaning?

1. Compost 

- a. A reusable container for storing food.
- b. Organic waste turned into nutrient-rich soil.
- c. A process of freezing food to preserve it.
- d. A method of cooking with minimal waste.


2. Upcycling 

- a. Turning waste into new, useful items.
- b. Buying only what you need.
- c. Using leftovers creatively in recipes.
- d. A type of eco-friendly packaging.

3. Meal Planning 


- a. Organizing meals to reduce waste.
- b. A method of preserving food.
- c. A way to compost kitchen scraps.
- d. A technique for storing food in jars.

Exercise 2: Fill in the Blank

 Choose the correct word to complete each sentence.

1. _____ is the process of turning food scraps into soil.
a. Compost b. Upcycling
c. Meal Planning d. Preservation
2. To reduce waste, you can practice _____, which involves organizing meals ahead of time.
a. Compost b. Meal Planning
c. Upcycling d. Recycling
3. _____ means transforming old items into something new and useful.
a. Compost b. Upcycling
c. Meal Planning d. Preservation

Exercise 3: Multiple Choice

 Pick the correct answer for each question.

1. What is the best way to use vegetable peels in a zero-waste kitchen?
a. Throw them away. **b.** Compost them.
c. Freeze them. **d.** Burn them.
2. Which of the following is an example of upcycling?
a. Turning old jars into storage containers. **b.** Throwing away leftovers.
c. Buying new plastic bags. **d.** Using disposable plates.
3. What does meal planning help you avoid?
a. Buying too much food. **b.** Cooking at home.
c. Eating healthy meals. **d.** Using reusable containers.