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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.



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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.**