

HANDOUT 1, pages 1-2

Principles of Sustainability: Sustainable Catering and Food Systems

Part I: Multiple Choice Questions

1. Which of the following statements most accurately describes the zero-waste concept of the Silo restaurant?

- A) Food leftovers are donated to charity.
- B) All waste is incinerated on-site.
- C) The restaurant produces no waste at all, using composting and reusable materials.
- D) Waste is stored in special containers outside the restaurant.

2. How does Silo restaurant help reduce food waste?

- A) By using only canned products.
- B) By ordering ingredients from global suppliers.
- C) By using a “nose-to-tail” and “root-to-tip” approach in cooking.
- D) By offering a menu designed only for vegetarians.

3. What is one of the main goals in improving rural-urban linkages in food systems?

- A) To increase food exports.
- B) To reduce local food markets.
- C) To strengthen local food networks and improve food security.
- D) To increase dependence on imported food.

4. Which of the following actions helps strengthen connections between rural and urban areas?

- A) Focusing solely on urban food consumption.
- B) Integrating local producers into urban food supply chains.
- C) Centralizing food production in large factories.
- D) Reducing investment in rural infrastructure.

5. What is one of the main challenges in creating sustainable food systems?

- A) The complete elimination of global food markets.
- B) Lack of communication between local food producers and consumers.
- C) The automation of food production.
- D) Isolating cities from rural areas.

 **Part II. Short-answer questions**

1. Explain how Silo restaurant achieves its zero-waste goal.
2. What are the advantages of the “nose-to-tail” and “root-to-tip” approaches in cooking?
3. How can stronger rural-urban connections improve food security?
4. What are some possible obstacles to developing local food networks?
5. How can vocational school students be involved in developing sustainable food systems?