

## HANDOUT 7, pages 1-2

### Sustainable Cooking English Vocabulary Quiz: do you know the key terms?

#### Exercise 1: Match the words with their definitions

1. Composting	a. A natural process where microorganisms convert sugars into acids or alcohol.
2. Blanching	b. A method of recycling organic waste into nutrient-rich soil.
3. Zero Waste	c. A process of preserving food by removing moisture.
4. Fermentation	d. A practice of minimizing waste by using all parts of an ingredient.
5. Dehydration	e. A method of cooking vegetables briefly in boiling water, then cooling them quickly.

#### Exercise 2: Fill in the blanks

Complete the sentences with the correct word from the box below.

Each word is used only once.

Words: **sustainable, peel, puree, preservation, broth**

1. To reduce food waste, you can use vegetable \_\_\_\_\_ to make a flavorful soup base.
2. \_\_\_\_\_ cooking focuses on minimizing environmental impact and reducing waste.
3. Carrot \_\_\_\_\_ can be used as a base for soups, sauces, or baby food.



4. Food \_\_\_\_\_ techniques like freezing and canning help extend the shelf life of ingredients.
5. Instead of throwing away vegetable \_\_\_\_\_, consider using them to make chips or stock.

### Exercise 3: Multiple choice

**Choose the correct answer for each question.**

1. What is the main goal of sustainable cooking?
  - a) To cook faster
  - b) To reduce environmental impact
  - c) To use expensive ingredients
  - d) To avoid using vegetables
2. Which of the following is an example of vegetable processing?
  - a) Blanching vegetables
  - b) Composting food scraps
  - c) Using plastic packaging
  - d) Throwing away leftovers
3. What does "zero waste" mean in cooking?
  - a) Cooking without using water
  - b) Using all parts of an ingredient
  - c) Avoiding the use of spices
  - d) Cooking without heat