






## 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.

- \_\_\_\_\_ is the process of turning food scraps into soil.
  - Compost
  - Upcycling
  - Meal Planning
  - Preservation
- To reduce waste, you can practice \_\_\_\_\_, which involves organizing meals ahead of time.
  - Compost
  - Meal Planning
  - Upcycling
  - Recycling
- \_\_\_\_\_ means transforming old items into something new and useful.
  - Compost
  - Upcycling
  - Meal Planning
  - Preservation

## Exercise 3: Multiple Choice

 Pick the correct answer for each question.

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