

WASTELESS PLATE

QUIZ!

How much do you know about food waste?

Food waste is a growing global challenge - and schools have an important role to play in helping tackle it. The Wasteless Plate campaign from Dolce Schools Catering is helping pupils learn more about food waste and explore solutions to this industry-wide issue.

Take the Wasteless Plate Quiz to test your food waste knowledge!

1. Approximately how much food waste is produced by schools in the UK each year?

- A) 8,000 tonnes
- B) 80,000 tonnes
- C) 800,000 tonnes

2. What weighs the same as 80,000 tonnes of wasted food?

- A) 13,000 African elephants
- B) 7,100 double deck buses
- C) 478 blue whales

3. What usually stops pupils finishing their school lunch?

- A) Not enough time
- B) Taste or appearance of food
- C) Getting distracted
- D) All of the above

4. What role can pupils play in reducing food waste at school?

- A) Taking only what they will eat
- B) Trying new meals instead of throwing them away
- C) Being more aware of food waste
- D) All of the above

5. You're a school chef - how do you reduce food waste in the kitchen?

A) Using as much of the whole ingredient as possible

B) Throwing away vegetable trimmings

C) Cooking extra portions just in case

6. Food waste can be turned into renewable energy that helps power homes and schools.

A) TRUE

B) FALSE

7. Throwing away food wastes more than just food - what else gets wasted?

A) Water used to grow it

B) Fuel used to transport it

C) Both of these

8. Which of these is an example of reducing food waste at home?

A) Using leftover vegetables in a stir-fry

B) Freezing food that won't be eaten in time

C) Planning meals in advance

D) All of the above

9. What's worse for the climate:

A) Leaving your phone charger plugged in overnight

B) Throwing away a beef burger

10. How much money does the average family with children throw away in wasted food each year?

A) £500

B) £700

C) £900

ANSWERS SHEET

(FOR PARENTS & TEACHERS)

1. B - Around 80,000 tonnes of food waste are produced by schools in the UK each year.
2. A - 13,000 African elephants
3. D - Not enough time, taste, appearance and distractions all affect whether pupils finish their meals at school.
4. D - Pupils can help reduce food waste by taking only what they will eat, trying new meals and being more aware of waste.
5. A - Using as much of each ingredient as possible helps reduce food waste in the kitchen.
6. A - True - food waste can be recycled and converted into renewable energy that helps power homes and schools.
7. C - Both - you don't just waste food when you throw it away, you also waste the water used to grow it and fuel used to transport it.
8. D - Planning meals, freezing food and using leftovers are all ways to reduce food waste at home.
9. B - Usually the burger - by a lot
10. B - £700 worth of food (which is almost £2 each day!)