

# 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. What does 'food waste' mean?

- A) Food that tastes bad
- B) Food that gets thrown away instead of eaten
- C) Food that is cooked in a restaurant

2. 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

3. 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

4. True or False: Every day, food that could have been eaten is thrown away in schools

- A) True
- B) False

5. What could you do with carrot peelings instead of throwing them away?

- A) Bake them into crispy snacks
- B) Add them to soup
- C) Both of these

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6. Why is it better to only take the food you know you will eat?

- A) So less food gets thrown away
- B) So the plate looks empty
- C) So lunch finishes faster

7. True or False: Food waste can be turned into renewable energy that helps power homes and schools.

- A) True
- B) False

8. If you have leftover vegetables at home, what could you make?

- A) Soup
- B) A stir-fry
- C) Both of these

9. True or False: Food leftovers, like peelings, can be turned into compost that helps plants grow

- A) True
- B) False

10. What should you do before throwing food away?

- A) See if someone else can eat it
- B) Check if it can be used in another meal
- C) Both of these

# ANSWERS SHEET

*(FOR PARENTS & TEACHERS)*

1. B – Food waste means food that is thrown away instead of eaten.
2. B - Around 80,000 tonnes of food waste are produced by schools in the UK each year.
3. A – 13,000 African elephants
4. A – True, every day food that could have been eaten is thrown away in schools.
5. C – Both of these, carrot peelings can be used in snacks or soups instead of being thrown away.
6. A – Taking only the food you know you will eat helps reduce food waste.
7. True – Food waste can be turned into renewable energy that helps power homes and schools.
8. C – Leftover vegetables can be used in many dishes, such as soups or stir-fries.
9. True – Food leftovers, like peelings, can be turned into compost that helps plants grow.
10. C – Both of these, it's best to check if food can be shared or reused before throwing it away.