



Food Waste Quiz

- Q1.** What are the most commonly thrown away food items in the UK (name 5)?
- Q2.** How many tonnes of food and drink is wasted in the UK each year that could have been eaten?
- 1.8 million tonnes
 - 2.4 million tonnes
 - 3.6 million tonnes
 - 4.5 million tonnes
- Q3.** How much of the food that is wasted comes from households?
- About 20%
 - About 40%
 - About 70%
 - About 80%
- Q4.** What proportion of edible fresh vegetables and salad are wasted?
- 20%
 - 24%
 - 28%
- Q5.** What does a 'best before' date mean on a food label?
- Q6.** What does 'use by' date mean on a food label?
- Q7.** If there are signs of mould on a food, should it be thrown away?
- Yes
 - No
 - Sometimes
- Q8.** What temperature should your fridge be set at?
- 0 to 5°C
 - 4 to 7°C
 - 5 to 8°C
- Q9.** The average fridge temperature in the UK is 7°C:
- True
 - False
- Q10.** What temperature should your freezer be set at?
- -13°C
 - -15°C
 - -18°C



Answers

Q1. What are the most commonly thrown away food items in the UK (name 5)?

Potatoes, bread, milk, bananas, tomatoes, oranges, apples, carrots, onions, ham, lettuce

Did you know? About 3 million glasses of milk are poured down household sinks in the UK every day!

Q2. How many tonnes of food is wasted in the UK each year?

4.5 million tonnes

Did you know? This would fill 8 Wembley Stadiums, 90 Royal Albert Halls, 38 million wheelie bins, 490,000 bin lorries, and 3600 Olympic sized swimming pools.

Q3. How much of the food that is wasted comes from households?

About 70%

Did you know? Reducing the amount of food that we waste is a key part of making our diets more sustainable.

Q4. What proportion of edible fresh vegetables and salad are wasted?

28%

Did you know? You can add extra unused vegetables to dishes like curries, stews, soups and sauces, or freeze them for later instead of throwing them away.

Q5. What does a 'best before' date mean on a food label?

Best before refers to food quality - food is safe to eat after this date, but the taste and texture may not be as good.

Did you know? Knowing the difference between 'best before' and 'use by' dates can help to prevent you wasting food.

Q6. What does 'use by' date mean on a food label?

'Use by' refers to food safety - you can eat food up until and on this date. Do not eat, cook, or freeze your food after the 'use by' date.

Did you know? A lot of foods, such as bread, meat and milk, can be frozen before their use by date.



Q7. If a food has signs of mould, should it be thrown away?

Sometimes

Did you know? Mould on hard cheeses can be cut off about 2cm around the affected area. Soft cheeses that are mouldy should be thrown away.

Q8. What temperature should your fridge be set at?

0 to 5°C

Did you know? This is lower than the average fridge temperature in the UK.

Q9. The average fridge temperature in the UK is 7°C:

True

Did you know? Having your fridge above 0 to 5°C means that food, such as milk, is more likely to go off quickly.

Q10. What temperature should your freezer be set at?

-18°C

Did you know? Bacteria stop growing and producing toxins at this temperature.