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# **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.