



POOL OF QUESTIONS

**about worldwide sustainable food
in the context of a food waste**



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BASIC PROJECT INFORMATION

Project title	Green and Sustainable Food Educators
Acronym	Green and Sustainable Food Educators
Project number	1339812
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Website	
Project team	Coordinator: University of Turku, Finland Euro-Idea Fundacja Społeczno Kulturalna, Poland Youth Europe Service, Italy Horeca Academie bv, Netherlands M.M.C Management center limited, Cyprus Raison seudun koulutuskuntayhtymä, Finland
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Contributors	ALL PARTNERS
Reviewers	ALL PARTNERS

MICROCREDENTIAL CODE:

Multiple choice questions:

[Write 30 multiple-choice questions and indicate the correct answer for each one. Please provide possible answers and do not make the correct answer obvious.]

LO

MC Code: 00		LO Number: 00
Question: 00		
Single Choice		
Question		Correct answer [indicate with x]
1	Possible answer	x
2	Possible answer	
3	Possible answer	
4	Possible answer	

Open Questions:

[Write four open-ended questions. Please avoid asking opinion-based questions.]

1. Discuss [...]
2. Identify [...]
3. Explain [...]
4. How [...]

MICROCREDENTIAL CODE: 1.1

LO 1

MC Code: 1.1		LO Number: 01
Question: 01		
Single Choice		
What percentage of total food waste in the EU is generated by households?		Correct answer [indicate with x]
1	19 %	
2	54 %	x

3	8 %	
4	11 %	

MC Code: 1.1		LO Number: 01
Question: 02		
Single Choice		
Approximately how many million tonnes of food waste did the EU generate in 2022?		Correct answer [indicate with x]
1	25 million tonnes	
2	45 million tonnes	
3	59 million tonnes	x
4	75 million tonnes	

LO 2

MC Code: 1.2		LO Number: 02
Question: 03		
Single Choice		
Which food group accounts for the highest percentage of wasted food in the EU?		Correct answer [indicate with x]
1	Meat	
2	Fruits	
3	Vegetables	x
4	Cereals	

MC Code: 1.2		LO Number: 02
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Question: 04		
Single Choice		
Which of the following is not a common cause of food waste?		Correct answer [indicate with x]
1	Overbuying	
2	Poor storage	
3	Cooking too much food	
4	Recycling	x

MC Code: 1.2		LO Number: 02
Question: 05		
Single Choice		
What is a major environmental impact of food waste when it decomposes in landfills?		Correct answer [indicate with x]
1	Nitrous oxide production	
2	Methane emissions	x
3	Carbon monoxide release	
4	Oxygen production	

MC Code: 1.2		LO Number: 02
Question: 06		
Single Choice		
What is the approximate food waste per capita in the EU in 2022?		Correct answer [indicate with x]
1	72 kg	
2	132 kg	x
3	100 kg	
4	85 kg	

MC Code: 1.2		LO Number: 02
Question: 07		
Single Choice		
What behavioral factor is a large driver of food waste in households?		Correct answer [indicate with x]
1	Lack of refrigeration	
2	Oversized portions and social pressure	x
3	Poor agricultural practices	
4	High food prices	

MC Code: 1.2		LO Number: 02
Question: 08		
Single Choice		
What is one of the suggested effective teaching strategies to reduce food waste in schools?		Correct answer [indicate with x]
1	Lectures only	

2	Hands-on sustainability activities	x
3	Testing without feedback	
4	Avoiding technology	

MC Code: 1.2		LO Number: 02
Question: 09		
Single Choice		
Which of the following practices helps reduce household food waste?		Correct answer [indicate with x]
1	Meal planning and proper storage	x
2	Buying in bulk without a plan	
3	Throwing away leftovers immediately	
4	Ignoring expiration dates	

MC Code: 1.2		LO Number: 02
Question: 10		
Single Choice		
What motivational approach is recommended to reduce food waste behavior?		Correct answer [indicate with x]
1	Emphasize guilt and shame	
2	Use positive reinforcement and rewards	x
3	Punish food waste offenders	
4	Avoid discussing food waste	

MC Code: 1.2		LO Number: 02
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Question: 11		
Single Choice		
Which technology is mentioned as helpful to reduce food waste?		Correct answer [indicate with x]
1	AI demand forecasting	x
2	Food color-changing lights	
3	Microwave ovens	
4	None of the above	

MC Code: 1.2		LO Number: 02
Question: 12		
Single Choice		
What is the main difference between "Use By" and "Best Before" dates?		Correct answer [indicate with x]
1	Use By refers to safety; Best Before refers to quality	x
2	Use By refers to quality; Best Before refers to safety	
3	Both are the same	
4	None of the above	

MC Code: 1.2		LO Number: 02
Question: 13		
Single Choice		
What is the recommended temperature range for storing food in a refrigerator to minimize food waste?		Correct answer [indicate with x]
1	8-14°C	
2	2-6°C	x

3	10-20°C	
4	-5 to 0°C	

MC Code: 1.2		LO Number: 02
Question: 14		
Single Choice		
Which sector contributes the second-highest amount of food waste in the EU after households?		Correct answer [indicate with x]
1	Retail and distribution	
2	Restaurants and food services	
3	Processing and manufacturing	x
4	Primary production	

MC Code: 1.2		LO Number: 02
Question: 15		
Single Choice		
What helps break habitual food waste behaviors?		Correct answer [indicate with x]
1	Random acts of kindness	
2	Habit-breaking prompts and nudges	x
3	Ignoring food labels	
4	Large portion servings	

MC Code: 1.2		LO Number: 02
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Question: 16		
Single Choice		
What is a recommended method to use food scraps?		Correct answer [indicate with x]
1	Composting	x
2	Throwing away	
3	Burning	
4	Discarding in landfill	

MC Code: 1.2		LO Number: 02
Question: 17		
Single Choice		
What percentage of global food produced is wasted annually?		Correct answer [indicate with x]
1	10%	
2	25%	
3	33%	x
4	50%	

MC Code: 1.2		LO Number: 02
Question: 18		
Single Choice		
Which food item has the highest environmental impact despite lower volumes wasted?		Correct answer [indicate with x]
1	Meat and dairy	x
2	Bread	

3	Fruits	
4	Vegetables	

MC Code: 1.2		LO Number: 02
Question: 19		
Single Choice		
What does the 'best before' label usually mean?		Correct answer [indicate with x]
1	The food is unsafe after that date	
2	The food may lose some quality but is often still safe	x
3	The food must be thrown away immediately	
4	It is the same as 'use by'	

MC Code: 1.2		LO Number: 02
Question: 20		
Single Choice		
What role does storytelling play in food waste education?		Correct answer [indicate with x]
1	Confuses learners	
2	Engages emotions and motivates action	x
3	Distracts from facts	
4	Is ineffective	

MC Code: 1.2		LO Number: 02
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Question: 21		
Single Choice		
Why is freezing an effective food waste prevention method?		Correct answer [indicate with x]
1	It alters food flavor positively	
2	Extends shelf life by slowing spoilage	x
3	Increases food weight	
4	Removes nutrients	

MC Code: 1.2		LO Number: 02
Question: 22		
Single Choice		
In what way can technology be a challenge in reducing food waste?		Correct answer [indicate with x]
1	Misuse resulting in over-reliance on smart systems	x
2	Lack of internet connection	
3	Too many apps available	
4	Increased food prices	

MC Code: 1.2		LO Number: 02
Question: 23		
Single Choice		
What is a social norm that increases food waste in restaurants and homes?		Correct answer [indicate with x]
1	Smaller servings	
2	Oversized portions	x

3	Sharing food	
4	Strict portion control	

MC Code: 1.2		LO Number: 02
Question: 24		
Single Choice		
How can educators increase the impact of their food waste lessons?		Correct answer [indicate with x]
1	Avoid community involvement	
2	Use interactive lessons and community partnerships	x
3	Limit lessons to lectures only	
4	Restrict student input	

MC Code: 1.2		LO Number: 02
Question: 25		
Single Choice		
Which of these is a notable effect of food waste on water resources?		Correct answer [indicate with x]
1	Increased water availability	
2	Significant water depletion through wasted production	x
3	No effect on water	
4	Water pollution alone	

MC Code: 1.2		LO Number: 02
Question: 26		

Single Choice		
What type of rewards can motivate food waste reduction?		Correct answer [indicate with x]
1	Social recognition and discounts	x
2	Punishment	
3	Food bans	
4	Ignoring waste	

MC Code: 1.2		LO Number: 02
Question: 27		
Single Choice		
What is the most wasted food category in households according to the data?		Correct answer [indicate with x]
1	Dairy products	
2	Bread and bakery	x
3	Meat	
4	Fish	

MC Code: 1.2		LO Number: 02
Question: 28		
Single Choice		
What is a behavioural technique to reduce throwing away food due to labels?		Correct answer [indicate with x]
1	Ignoring labels	
2	Using sticky notes and colourful stickers as reminders	x
3	Discarding immediately after the date	

4	Relying on smell alone	
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MC Code: 1.2		LO Number: 02
Question: 29		
Single Choice		
Which food waste reduction practice involves redistributing edible surplus?		Correct answer [indicate with x]
1	Composting	
2	Food donation	x
3	Burning	
4	Purchasing more	

MC Code: 1.2		LO Number: 02
Question: 30		
Single Choice		
What is a key factor for lasting behavioral change regarding food waste?		Correct answer [indicate with x]
1	Knowledge only	
2	Combining knowledge with habit-forming and motivation	x
3	Public shaming	
4	Ignoring emotional factors	

MC Code: 1.2	LO Number: 02
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Question: 16 Explain why food waste is a critical issue from environmental and social perspectives.	
Open	
	Expected answer highlights: Significant greenhouse gas emissions (methane), water and land resource waste, ethical concerns of food insecurity, and social equity implications.
	Write down your answer

MC Code: 1.2	LO Number: 02
Question: 16 Describe three practical strategies that individuals can use at home to reduce food waste.	
Open	
	Expected answer highlights: Meal planning, proper food storage, creative use of leftovers, understanding food labels, composting.
	Write down your answer

MC Code: 1.2	LO Number: 02
Question 16 How can vocational educators contribute to reducing food waste among future food industry professionals?	
Open	

	Expected answer highlights: Teaching sustainable food practices, integrating interactive lessons, promoting behavioral change, encouraging waste audits, and fostering community engagement.
	Write down your answer

MC Code: 1.2	LO Number: 02
Question 16 Describe how the Social Warehouses - Magazzini Sociali, Potenza, Italy (presented in on-site visit in Potenza) project contributes to food waste reduction and social welfare.	
Open	
	Expected answer highlights: Collects and redistributes uneaten long-life food to people in need, fights poverty through solidarity, creates a circular economy by recovering food surpluses, involves community volunteers, and has a substantial social impact by providing food to those facing financial hardship.
	Write down your answer

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