



POOL OF QUESTIONS

**about worldwide sustainable food
in the context of a circular economy**



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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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End	December 2025
Website	
Project team	Coordinator: TURUN YLIOPISTO, 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: 1 Which practice best reduces food waste in a sustainable kitchen?		
Single Choice		
Question		Correct answer [indicate with x]
1	Cooking with whole vegetables, including stems and leaves	x
2	Buying imported exotic produce only	
3	Discarding parts of vegetables that are less familiar	
4	Using only pre-packaged ingredients	

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: 2 What is the main benefit of using seasonal vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	They are often cheaper, fresher, and more environmentally friendly	x
2	They are always more exotic	

3	They are imported from abroad	
4	They are available all year round	

MC Code: 1.1		LO Number: 01
Question: 3 Which of the following best describes fermentation?		
Single Choice		
		Correct answer [indicate with x]
1	A preservation process using beneficial microorganisms	x
2	A cooking method that burns vegetables for flavor	
3	A way to freeze ingredients for later use	
4	A method of boiling vegetables in vinegar	

LO 2

MC Code: 1.2		LO Number: 02
Question: 4 Which of these techniques helps extend the shelf life of vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	Fermenting with salt or brine	x
2	Leaving vegetables unrefrigerated	
3	Peeling away edible skins	
4	Cooking only one part of the vegetable	

MC Code: 1.2		LO Number: 02
Question: 5 Why is cooking with local ingredients more sustainable?		
Single Choice		
		Correct answer [indicate with x]
1	It reduces transport emissions and supports local farmers	x
2	It always tastes the same everywhere	
3	It eliminates the need for recipes	
4	It requires more packaging	

MC Code: 1.2		LO Number: 02
Question: 6 What does 'nose-to-tail' cooking mean when applied to vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	Using the entire vegetable, from stem to leaf	x
2	Using only the roots	
3	Cooking vegetables with meat	
4	Discarding inedible parts immediately	

MC Code: 1.2		LO Number: 02
Question: 7 Which of the following is an environmental benefit of reducing food waste?		
Single Choice		
		Correct answer [indicate with x]
1	Lower greenhouse gas emissions from landfills	x

2	More packaging production	
3	Increased importation of food	
4	Longer transport distances	

MC Code: 1.2		LO Number: 02
Question: 8 Which cooking method best preserves nutrients in vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	Steaming	x
2	Deep-frying	
3	Over-boiling	
4	Charring	

MC Code: 1.2		LO Number: 02
Question: 9 What is one key reason fermentation supports health?		
Single Choice		
		Correct answer [indicate with x]
1	It introduces beneficial probiotics	x
2	It destroys all nutrients	
3	It eliminates fiber	
4	It removes all flavors	

MC Code: 1.2		LO Number: 02
Question: 10 Which of the following vegetables is an example of a seasonal autumn crop?		
Single Choice		
		Correct answer [indicate with x]
1	Cabbage	x
2	Strawberries	
3	Asparagus	
4	Tomatoes	

MC Code: 1.2		LO Number: 02
Question: 11 What is the main goal of 'How to Cook to Save the World'?		
Single Choice		
		Correct answer [indicate with x]
1	To inspire sustainable cooking and reduce food waste	x
2	To sell pre-packaged ingredients	
3	To import exotic vegetables	
4	To cook only with expensive techniques	

MC Code: 1.2		LO Number: 02
Question: 12 Which practice best contributes to a circular food economy?		
Single Choice		
		Correct answer [indicate with x]
1	Reusing vegetable scraps in stocks or sauces	x

2	Throwing away peels and trimmings	
3	Buying only processed foods	
4	Cooking only with imported goods	

MC Code: 1.2		LO Number: 02
Question: 13 Which of these describes a benefit of eating seasonally?		
Single Choice		
		Correct answer [indicate with x]
1	Better flavor and higher nutritional value	x
2	Food always tastes the same	
3	More chemical preservatives	
4	Longer storage and shipping times	

MC Code: 1.2		LO Number: 02
Question: 14 Which of the following is an example of preserving with vinegar or sugar?		
Single Choice		
		Correct answer [indicate with x]
1	Making cranberry relish	x
2	Freezing fresh herbs	
3	Drying beans in the sun	
4	Cooking vegetables in oil	

MC Code: 1.2		LO Number: 02
Question: 15 Why is it important to explore different cooking techniques with vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	To increase variety, prevent waste, and discover new flavors	x
2	To complicate the cooking process unnecessarily	
3	To make vegetables less appealing	
4	To ensure higher food waste	

MC Code: 1.2		LO Number: 02
Question: 16 Which simple kitchen practice most effectively prevents food waste?		
Single Choice		
		Correct answer [indicate with x]
1	Planning meals and shopping with a list	x
2	Buying random items on impulse	
3	Cooking only what looks appealing at the moment	
4	Throwing away leftovers regularly	

MC Code: 1.2		LO Number: 02
Question: 17 What is the environmental advantage of eating locally grown seasonal produce?		
Single Choice		
		Correct answer [indicate with x]
1	Reduced transport emissions	x

2	Increased use of packaging	
3	More chemical preservatives	
4	Longer shipping distances	

MC Code: 1.2		LO Number: 02
Question: 18 Which of the following describes a benefit of fermenting vegetables?		
Single Choice		
		Correct answer [indicate with x]
1	They develop beneficial probiotics and longer shelf life	x
2	They lose all nutrients	
3	They become unsafe to eat	
4	They require heavy industrial equipment	

MC Code: 1.2		LO Number: 02
Question: 19 What should you do with leftover vegetable stems or peels to minimize waste?		
Single Choice		
		Correct answer [indicate with x]
1	Use them in stocks, soups or sauces	x
2	Throw them away immediately	
3	Compost only if in large amounts	
4	Burn them for fuel	

MC Code: 1.2		LO Number: 02
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Question: 20 Which cooking method generally uses less energy and preserves flavor?		
Single Choice		
		Correct answer [indicate with x]
1	Steaming	x
2	Deep-frying	
3	Over-boiling	
4	Char-grilling until burnt	

MC Code: 1.2		LO Number: 02
Question: 21 Why is it better to store seasonal vegetables properly?		
Single Choice		
		Correct answer [indicate with x]
1	To extend freshness and reduce spoilage	x
2	To make them heavier	
3	To remove nutrients	
4	To increase plastic packaging	

MC Code: 1.2		LO Number: 02
Question: 22 Which food preservation method does NOT rely on fermentation?		
Single Choice		
		Correct answer [indicate with x]

1	Freezing vegetables	x
2	Making sauerkraut	
3	Creating kimchi	
4	Brewing kombucha	

MC Code: 1.2		LO Number: 02
Question: 23 What is the main sustainability reason for cooking 'from scratch'?		
Single Choice		
		Correct answer [indicate with x]
1	It reduces dependence on processed foods and packaging	x
2	It always takes less time	
3	It guarantees perfect taste every time	
4	It avoids using any fresh produce	

MC Code: 1.2		LO Number: 02
Question: 24 How can portion control reduce food waste?		
Single Choice		
		Correct answer [indicate with x]
1	By ensuring only the amount that will be eaten is prepared	x
2	By making plates look smaller	
3	By encouraging overcooking	
4	By discarding extra ingredients	

MC Code: 1.2		LO Number: 02
Question: 25 Which of the following vegetables is typical of winter seasonal cooking?		
Single Choice		
		Correct answer [indicate with x]
1	Pumpkin	x
2	Strawberries	
3	Asparagus	
4	Peaches	

MC Code: 1.2		LO Number: 02
Question: 26 Why is fermentation considered an 'old school' method of preservation?		
Single Choice		
		Correct answer [indicate with x]
1	It has been used for centuries across cultures	x
2	It requires modern chemicals	
3	It only started recently with new technology	
4	It does not add flavor	

MC Code: 1.2		LO Number: 02
Question: 27 What happens if vegetables are not fully submerged in brine during fermentation?		
Single Choice		
		Correct answer [indicate with x]
1	Mold may develop and spoil the batch	x

2	They ferment more quickly	
3	They gain more nutrients	
4	They become sweeter	

MC Code: 1.2		LO Number: 02
Question: 28 Which of these actions helps connect local communities with sustainable food?		
Single Choice		
		Correct answer [indicate with x]
1	Joining community supported agriculture (CSA) schemes	x
2	Buying only imported food	
3	Ignoring seasonal produce	
4	Preferring packaged ready meals	

MC Code: 1.2		LO Number: 02
Question: 29 Which phrase best reflects the goal of 'How to Cook to Save the World'?		
Single Choice		
		Correct answer [indicate with x]
1	Explore, utilize, contribute	x
2	Consume, dispose, forget	
3	Import, package, discard	
4	Cook, waste, repeat	

MC Code: 1.2		LO Number: 02
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Question: 30 What is the key health benefit of eating more plant-based seasonal meals?		
Single Choice		
		Correct answer [indicate with x]
1	They provide diverse nutrients and lower environmental impact	x
2	They are always cheaper regardless of season	
3	They eliminate all food safety risks	
4	They remove the need for cooking techniques	

Open Questions:

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

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

MC Code: 1.2	LO Number: 02
Question: 16 Discuss how cooking with seasonal vegetables can help reduce environmental impact.	
Open	
	Correct answer
	Write down your answer

MC Code: 1.2	LO Number: 02
Question: 17 Identify two ways in which fermentation contributes to both sustainability and human health.	
Open	
	Correct answer
	Write down your answer

MC Code: 1.2	LO Number: 02
Question: 18 Explain why using the whole vegetable (roots, stems, leaves) supports food waste reduction.	
Open	
	Correct answer
	Write down your answer

MC Code: 1.2	LO Number: 02
Question: 19 How can traditional preservation techniques be applied today to create sustainable and flavorful dishes?	

Open	
	Correct answer
	Write down your answer

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