

## Trivia Questions

Food Waste In Numbers		Points
What percentage of the food produced in the world gets thrown out?		10 points
→ <i>About one third, or 33 percent</i>		
Which stage of the whole food chain is the most wasteful in Canada?		20 points
→ <i>Consumption: 47% of the food waste is produced at that stage</i>		
How much money does food waste represent in Canada over the course of a year?		30 points
→ <i>\$31 billion</i> → <i>\$107 billion (representing the true cost of food waste) is also an acceptable response</i>		
How much money is wasted weekly as a result of food waste by the average family?		40 points
→ <i>\$30 on average</i>		
Impact of Wasted Food		Points
At what stages of the food chain is food waste generated?		10 points
→ <i>At all stages: production, processing, distribution, access/retail, and consumption.</i>		
What are the 3 types of impact of wasted food?		20 points
→ <i>Environmental</i> → <i>Social</i> → <i>Economic</i>		
What resources are wasted as a result of food waste?		30 points
→ <i>Production (water, land, energy, labour)</i> → <i>Processing (energy, water, labour),</i> → <i>Distribution (energy, labour),</i> → <i>Access (energy)</i> → <i>Consumption (energy, water, labour)</i>		

What are the main greenhouse gases that are produced by food in landfills?	40 points
→ <i>Methane (CH<sub>4</sub>) and carbon dioxide (CO<sub>2</sub>)</i>	
<b>Food Waste along the Food Chain (Part 1): production, processing, distribution</b>	<b>Points</b>
Name one way that food is wasted during food production?	
→ <i>It is eaten by birds, rodents or pests;</i> → <i>It is harvested at the wrong time;</i> → <i>It is damaged during the growing season or during the harvest;</i> → <i>or when the food is not sold.</i>	10 points
What is one way that food processors waste food?	
→ <i>Fruits and vegetables that are “imperfect” because too small, too big or ugly, may be thrown away.</i> → <i>Poor storage, spoiling or spillage</i>	20 points
What is one traditional technique that people use to preserve food?	
→ <i>Preserving (pickles, jams), freezing, smoking, curing meats and fish (could accept making cheese and alcohol)</i>	30 points
Why do fruit bruises turn brown?	
→ <i>When cells of fruit burst during an impact, oxygen enters into the fruit and a chemical reaction, called oxidation, occurs. One of the resulting molecules is responsible for the brown color.</i>	40 points
<b>Food Waste along the Food Chain (Part 2): Access, Consumption</b>	<b>Points</b>
What is one way that grocery stores lose food?	
→ <i>Damaged packaging (dented cans, etc.),</i> → <i>Food not purchased.</i> → <i>Spillage,</i> → <i>Bruised fruit,</i> → <i>Imperfect fresh produce.</i>	10 points
What food group is wasted the most?	
→ <i>Fruits and vegetables (about half of food waste is comprised of fruits and vegetables)</i>	20 points

What are 3 ways food is wasted at home?	30 points
<ul style="list-style-type: none"> <li>➔ Food not used in time,</li> <li>➔ Lack of knowledge about how to prepare leftovers,</li> <li>➔ Too much food, overconsumption,</li> <li>➔ Personal preference,</li> <li>➔ Improper storage and handling,</li> <li>➔ Lack of understanding about food labels</li> </ul>	
What is the difference between a “best before date” and an “expiration date”?	40 points
<ul style="list-style-type: none"> <li>➔ “Best before date” tells a consumer how long that food will keep its flavour and nutritional value. It must appear on pre-packaged foods that will keep fresh for 90 days or less.</li> <li>➔ Food should not be eaten if the “expiration date” has passed. It should be discarded.</li> </ul> <p><i>Note: The best before date no longer applies if a package is opened or if the food is frozen.</i></p>	
<b>Solutions to Food Waste</b>	<b>Points</b>
Which one of these does NOT go in the Halton Region green bin? Coffee grounds, jam, lint, chicken bones, cat litter	10 points
➔ Cat litter	
What do we mean by “imperfect” or “ugly” fruits and vegetables?	20 points
➔ This refers to produce that doesn’t appear to be perfect. Imperfect fruits and vegetables might be crooked, too small or too big, but they are nutritious and safe to eat.	
What are 5 ways you can avoid food waste at home?	30 points

<ul style="list-style-type: none"><li>➔ <i>Make a shopping list;</i></li><li>➔ <i>Plan meals in advance;</i></li><li>➔ <i>Buy food with less packaging;</i></li><li>➔ <i>Buy less food more frequently;</i></li><li>➔ <i>Buy imperfect fruits and vegetables;</i></li><li>➔ <i>Bring older food at the front of your fridge;</i></li><li>➔ <i>Learn about expiration and best before date;</i></li><li>➔ <i>Store food appropriately.</i></li></ul>	<ul style="list-style-type: none"><li>➔ <i>Eat leftovers;</i></li><li>➔ <i>Pack your lunch in reusable containers;</i></li><li>➔ <i>Cook new dishes with leftovers;</i></li><li>➔ <i>Serve less food;</i></li><li>➔ <i>Learn to appreciate all foods;</i></li><li>➔ <i>After eating, pack leftovers and refrigerate them;</i></li><li>➔ <i>Know what goes in the green bin, recycling and trash.</i></li></ul>	
What are examples of potentially avoidable food waste?		
<ul style="list-style-type: none"><li>➔ <i>Bread crust</i></li><li>➔ <i>Pizza crust</i></li><li>➔ <i>Potato peel, broccoli trunk, beet leaves, etc...</i></li><li>➔ <i>Apple, pear, peach peel, etc...</i></li><li>➔ <i>Apple core,</i></li><li>➔ <i>Veggies used for decoration,</i></li><li>➔ <i>And many more...</i></li></ul> <p><i>Potentially avoidable foods are those that some people eat and some people waste.</i></p>		40 points