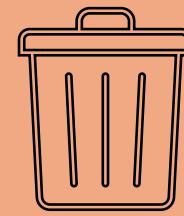
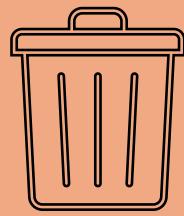
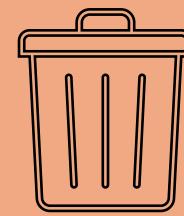
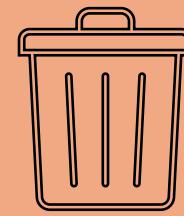
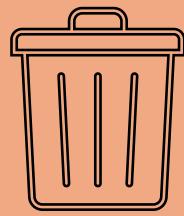
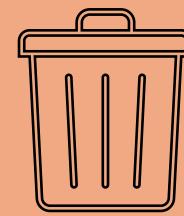
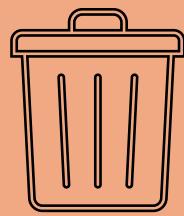


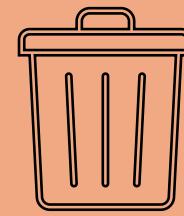
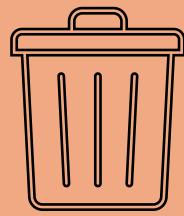
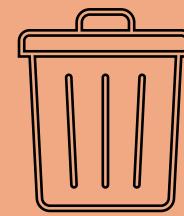
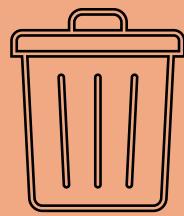
<p>Which category of food produces the most CO2 emissions when it is produced?</p> <p>A: Fruits and vegetables B: Beans <b>C: Meat</b></p>	<p>Which fruit is not grown in Europe?</p> <p>A: Apples <b>B: Bananas</b> C: Strawberries</p> <p><i>Food that is produced outside Europe must travel longer and CO2 is emitted because of this.</i></p>	<p>What percent of human climate impact comes from food production and consumption?</p> <p>A: Around 10% <b>B: Around 30%</b> C: Around 50%</p>	<p>In 2021, over 58 million tons of food were wasted in the EU. How much CO2 did that equate to?</p> <p>A: 252 tons of CO2 B: 252 thousand tons of CO2 <b>C: 252 million tons of CO2</b></p> <p><i>Source: <a href="https://www.eufic.org/en/food-safety/article/food-waste-in-europe-statistics-and-facts-about-the-problem">Food waste in Europe: statistics and facts about the problem   Eufic</a></i></p>
<p>You bought 7 apples for €0.50 each. You ate 4 of them and threw the rest away. How much money did you waste in total?</p> <p>A: €2.50 <b>B: €1.50</b> C: €4.50</p>	<p>What is the name for systems that donate surplus food instead of throwing it away?</p> <p><b>A: Food banks or food redistribution</b> B: Food repositories C: Food dumps</p>	<p>In 2021, the EU wasted over 58 million tons of food. What was the estimated cost?</p> <p>A: 102 million euros B: 52 billion euros <b>C: 132 billion euros</b></p> <p><i>Source: <a href="https://www.eufic.org/en/food-safety/article/food-waste-in-europe-statistics-and-facts-about-the-problem">https://www.eufic.org/en/food-safety/article/food-waste-in-europe-statistics-and-facts-about-the-problem</a></i></p>	<p>Which of these is the healthiest choice?</p> <p><b>A: Rye bread</b> B: Banana bread C: Crackers</p>



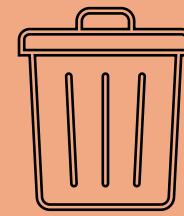
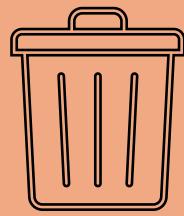
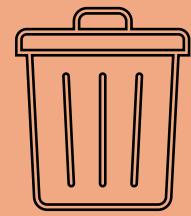
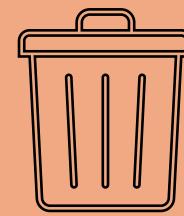
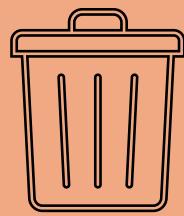
<p>Which of the following snacks is the healthiest?</p> <p><b>A: Vegetables sticks</b> B: Cookies C: Salty chips</p> <p><i>Adding salt and sugar makes snacks tasty — but less healthy.</i></p>	<p>Which of the following snacks is the healthiest?</p> <p><b>A: Dry fruit</b> B: Potato chips C: Chocolate</p> <p><i>Adding salt and sugar makes snacks tasty — but less healthy.</i></p>	<p>How many grams of fruits and vegetables should a child eat each day?</p> <p>A: 100 g <b>B: 400 g</b> C: 600 g</p>	<p>12. In 2021, the EU wasted over 58 million tons of food. How much was that per person?</p> <p>A: 31 kg per person <b>B: 131 kg per person</b> C: 231 kg per person</p> <p><i>Source: <a href="#">Food waste in Europe: statistics and facts about the problem   Eufic</a></i></p>
<p>It's important not to waste food because some people don't have enough to eat. How many people worldwide don't have enough food?</p> <p>A: Approximately 1 in 5 people <b>B: Approximately 1 in 9 people</b> C: Approximately 1 in 12 people</p> <p><i>Source: <a href="#">Om Madspild - Stop Spild af Mad - Hvorfor undgå madspild? Læs mere</a></i></p>	<p>About one third of food produced for human consumption is wasted. How many people could that feed?</p> <p>A: About 1 billion people <b>B: About 2 billion people</b> C: about 7 billion people</p> <p><i>Source: <a href="#">FAO-Food and Agricultural Organization</a></i></p>	<p>Which of these countries wastes the most food per person?</p> <p><b>A: Denmark</b> B: Sweden C: Croatia</p> <p><i>Source: <a href="#">Food waste in Europe: statistics and facts about the problem   Eufic</a></i></p>	<p>Which of these countries wastes the least food per person?</p> <p>A: Belgium B: Cyprus <b>C: Slovenia</b></p> <p><i>Source: <a href="#">Food waste in Europe: statistics and facts about the problem   Eufic</a></i></p>



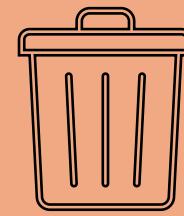
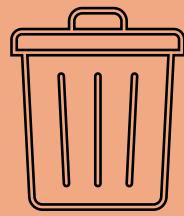
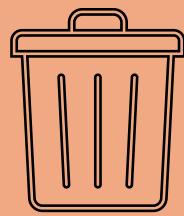
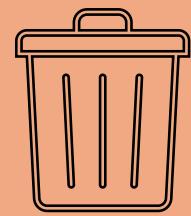
<p>What does the "New Nordic Diet" emphasize?</p> <p>A: Fresh and local ingredients      B: Fish and whole grains from Nordic countries  <b>C: Both A and B</b></p>	<p>Cultural norms around food differ around the world. In Peru, ceviche is a popular dish. What is it?</p> <p><b>A: Fish served raw after marinating</b>      B: Fish cooked quickly      C: Fish dried in the sun for three months</p>	<p>Cultural norms around food differ around the world. In which country is Bacalao — dried and salted codfish — a national dish?</p> <p>A: Cabo Verde  <b>B: Portugal</b>      C: Brazil</p>	<p>What does the Mediterranean diet focus on?</p> <p>A: Plant-based foods and healthy fats      B: Fish, legumes, and nuts  <b>C: Both A and B</b></p>
<p>Why are "ugly" fruits and vegetables often thrown away?</p> <p><b>A: They don't look perfect</b>      B: They are unhealthy      C: They taste bad</p>	<p>What is a good reason to buy ugly fruits and vegetables?</p> <p>A: They are healthy  <b>B: They might otherwise go to waste</b>      C: They last longer</p>	<p>How does buying ugly fruits and vegetables help the planet?</p> <p><b>A: Reduces food waste</b>      B: Needs less packaging      C: Uses less water</p>	<p>How can we make sure ugly fruits and vegetables get eaten?</p> <p>A: Only buy perfect ones  <b>B: Eat them when available</b>      C: Complain about their looks</p>



<p>You find brown spots on your apple. What should you do?</p> <p>A: Throw the whole apple away      B: Assume it's unsafe and throw it out  <b>C: Cut away the spots and eat the rest</b></p>	<p>What's true about fruits and vegetables with an unusual shape or appearance?</p> <p>A: They have less nutrition      B: They taste bad  <b>C: Their taste and nutrition are the same</b></p>	<p>Your apples and cucumber are cut in the morning to be eaten later. After 3 hours, they look dry and brown. What would you do?</p> <p>A: Throw them out  <b>B: Don't worry — they are safe to eat</b>      C: Assume they are unsafe to eat</p>	<p>Pickiness about food is quite common and can be triggered by certain looks, tastes or smells. Research shows that:</p> <p>A: It's genetic — it can't be changed  <b>B: It can be overcome by repeated exposure</b>      C: It can be cured with medication</p>
<p>What is the scientific term for fear or reluctance to try new food?</p> <p>A: Food neophilia  <b>B: Food neophobia</b>      C: Foodomania</p>	<p>How do cultures influence attitudes toward smelly foods?</p> <p>A: Smelly foods are disliked everywhere  <b>B: Culture shapes how we feel about smells</b>      C: Everyone outgrows it</p>	<p>What does the "best before" date on food mean?</p> <p>A: Unsafe to eat after the date  <b>B: Often still good after the date</b>      C: Means nothing</p>	<p>What does the "use by" date on food mean?</p> <p><b>A: Unsafe to eat after the date</b>      B: Often still good after the date      C: Means nothing</p>



<p>Which of the following statements is true about food date labels?</p> <p>A: "Use-by" is about safety      B: "Best-before" is about quality  <b>C: Both A and B</b></p>	<p>Does using a bigger plate make you eat more food?</p> <p>A: Fake news  <b>B: True</b>      C: Only true for older people</p>	<p>The UN's Sustainable Development Goals have a goal of reducing food waste among consumers and retailers by 2030. What percent reduction is the goal?</p> <p>A: 40%  <b>B: 50%</b>      C: 60%</p>	<p>How can you best reduce packaged food waste at home?</p> <p>A: You can't      B: Cook food with the longest shelf life first  <b>C: Cook food with the shortest shelf life first</b></p> <p>Source: <a href="https://heleverdeniskole.dk/">https://heleverdeniskole.dk/</a></p>
<p>Which sector produces the most food waste in Europe?</p> <p><b>A: Households</b>      B: Supermarkets      C: Restaurants</p> <p>Source: EU Commission, 2020</p>	<p>Who said: "There is enough food in the world, and yet millions are starving. If we don't do something drastic, it could mean a catastrophe for the planet"?</p> <p><b>A: Former UN Secretary-General Ban Ki-Moon</b>      B: The President of USA      C: The Danish queen</p>	<p>The French concept of commensality in the workplace means that sharing meals or snacks together can foster a sense of community and connection among employees. Is that true?</p> <p>A: 100% fake news      B: Yes, it is true, but it only works in France  <b>C: Yes, that is true</b></p>	<p>Why is it important to talk about food waste with your friends and family?</p> <p>A: To make them feel guilty  <b>B: To raise awareness and find solutions</b>      C: To be able to say that at least you did something</p>



<p>How can you encourage your family to waste less food?</p> <p><b>A: Suggest creative ways to use leftovers</b>  <b>B: Buy more food than needed</b>  <b>C: Refuse to eat leftovers</b></p>	<p>What proportion of food that is produced in the whole world is wasted every year?</p> <p>A: About half  <b>B: About one-third</b>  C: About one-fourth</p> <p>Source: EU Commission, 2021</p>	<p>Food waste happens at different stages in the food chain. Where do you think most food waste happens?</p> <p>A: During production (the processes of making the food before it is sold)  B: During retailing (people buying food)  <b>C: During consumption (people eating the food)</b></p> <p>Source: Jensen &amp; Teuber 2018; EU Commission, 2022</p>	<p>On average, how much food does one European throw away each year?</p> <p>A: Around 24 kg  B: Around 66 kg  <b>C: Around 132 kg</b></p> <p>Source: EU Commission, 2024</p>
<p>Which food is thrown away the most in EU?</p> <p><b>A: Fresh vegetables</b>  <b>B: Dairy products</b>  C: Cold cuts</p> <p>Source: EU Commission, 2024</p>	<p>[Add your own question here!]</p>	<p>[Add your own question here!]</p>	<p>[Add your own question here!]</p>