



**Resource:** Resource 15 – Plate Promise Quiz  
**Text:** This resource considers ways to reduce food waste. What can you freeze? How can you buy the right amount of food?  
This involves literacy skills and explores topical science, health and wellbeing.  
**Suitable for:** P1-P3  
**Approximate time:** 20 minutes  
**Curriculum links:** SOC 1-08a, SOC 1-18a, HWB 1-35a/HWB 2-35a, HWB 2-36a  
**Meta-skills:** Innovation: Sense making and Critical thinking.

### Sustainable Development Goal links:



# Plate promise quiz

## Question 1

When we go shopping it is best to?

- Have a list of meals we are going to have that week with the ingredients we need that we don't already have
- Decide what to buy when we get to the shops
- Only pick things that are our favourite colour

## Question 2

When we go to buy food how can we make sure we don't buy the same thing twice?

- Make a guess when we get there
- Ask someone in the shop what they think
- Check what's in our cupboards and fridge before we go and make a note

## Question 3

Where is the best place to store bananas?

- In the fruit
- In the fridge
- On their own away from other fruit

## Question 4

Where is the best place to store bread?

- In the fridge
- In the cupboard or bread bin
- In the freezer

## Question 5

If you have an open packet of meat how should it be stored?

- Unwrapped in the fruit bowl
- Unwrapped in the fridge
- Wrapped up and in the bottom of the fridge

## Question 6

If you have vegetables leftover from dinner what could they be made into the next day?

- Omelette
- Pasta
- Soup

## Question 7

Which of the following food do you think you can't freeze?

- Uncooked chicken
- Cooked pasta
- Bananas
- Milk
- Beans

# Answers

1. Have a list of meals we are going to have that week with the ingredients we need that we don't already have.
2. Check what's in our cupboards and fridge before we go and make a note.
3. On their own away from other fruit.
4. In the cupboard or bread bin.
5. Wrapped up and in the bottom of the fridge.
6. Soup.
7. Cooked pasta.