

# The Value of Waste



**An interactive quiz**



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# VOW Quiz Game Description

**The VOW Quiz Game is a fun, educational experience focused on learning about waste management. It's designed for players aged 10 and up, with no time limit-play at your own pace. The goal isn't to win, but to learn and explore together.**

## **Ways to Play:**

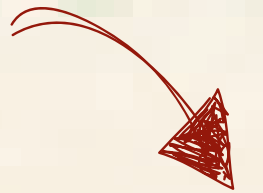
### **1.Two-Person or Group:**

Players take turns answering questions about waste management. The game is casual and can be played between two people or in a small group.

### **2. Group Learning Mode with Newsletter:**

Read through the VOW newsletter online or at an exhibition, then take the quiz to test your knowledge. This mode encourages group discussion and deeper learning.

Online  
Newsletter



Is it true that only fruits and vegetables can be composted?





Answer:

No. You can put many things in a compost bin, like egg shells, coffee grounds, and leaves.



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Which of these classic dishes was NOT born out of leftovers?

A. Chinese fried rice

B. French Toast

C. Pizza

D. Arancini





Answer:

C. Pizza is not historically known as a way to use leftovers although it can be. These other classic dishes are great ways to use bread, rice or even risotto leftovers!



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Which of the following can you make using citrus peels?

- A. Surface cleaner
- B. Air freshener
- C. Liquor
- D. Infusion
- E. All of the above





Answer:

E. You can make all of these things by using citrus peels and many others!



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Food is not safe to consume past its "best before" date:

A. Yes, it is safe

B. No, it is not safe





Answer:

A. Yes it is. It is normally safe to eat, but the taste, texture or smell might not be at its best. If the food looks, smells and tastes good, and the packaging is also intact you should be good to go. Trust your senses!



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# What is the difference between the Labels "use by" and "best before"?

- A) "Use by" indicates quality, while "best before" indicates safety.
- B) "Use by" indicates safety , while "best before" indicates quality.
- C) "Use by" applies to non-perishable foods, and "best before" applies to perishable foods.
- D) "Best before" means you should consume the product by that date, while "use by" suggests it can still be eaten afterward.





Answer:

B) "Use by" indicates the last date the product is safe to eat, while "best before" indicates when the product is at its best quality.



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If you have a lot of leftovers that you won't eat in time, what should you do?

- A) Throw them away immediately
- B) Freeze them for later use
- C) Leave them on the countertop for a few days
- D) Leave them in the fridge until they smell bad





Answer:

B) Freeze them for later use



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Which one(s) of these common household organic "waste" could easily be a great plant fertilizer?

- A. Egg shells
- B. Coffee grounds
- C. Banana peels
- D. Tea leave
- E. All above





Answer:

E. All of these can be used as fertilizers bringing different nutriments to the soils and these are only a small fraction of the possibilities.



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Which of the following is NOT a recommended way to reduce leftover food waste?

- A) Plan meals in advance recipes
- B) Serve large portions
- C) Use leftovers in new
- D) Freeze extra food when possible





Answer:

B) Serve large portions



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What is a good practice when storing leftovers to ensure they remain safe to eat?

- A) Store hot food directly in the fridge.
- B) Allow food to cool before storing.
- C) Store food at room temperature.
- D) Store food in containers without lids.





Answer:

B) Allow food to cool before storing



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Are plastic water bottles recyclable?





Answer:

Yes. Plastic water bottles are made from recyclable PET plastic.  
Just remember to rinse them out before recycling.



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Can plastic grocery bags be recycled in curbside recycling bins?





Answer:

Yes. Plastic grocery bags are recyclable. However they can't be recycled in most local programs because they can jam sorting machinery.



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Are most toothpaste tubes recyclable?





Answer:

No. Most toothpaste tubes are made from mixed materials like plastic and aluminum, which are difficult to recycle. However, some brands offer recyclable alternatives.



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Can hard plastic yogurt containers (marked #5) be recycled?





Answer:

Yes. Hard plastic yogurt containers marked with recycling symbol #5 (polypropylene) are recyclable. Be sure to rinse them out before recycling.



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Are milk cartons made of paperboard and plastic recyclable?





Answer:

Yes. Milk cartons, made from paperboard and lined with a thin layer of plastic, are recyclable. Just rinse them out before recycling.



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Are snack chip bags recyclable in most recycling programs?





Answer:

No. Snack chip bags are made from a combination of plastic and aluminum, which are difficult to process in recycling plants. They can't be recycled in most programs.



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Is clamshell packaging (such as for berries or salads) recyclable?





Answer:

Yes. Clear plastic clamshell packaging is recyclable, but it should be cleaned of any food residue before being placed in the recycling bin.



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What should you do before recycling yoghurt containers and milk cartons?

- A. Leave them dirty
- B. Rinse them out
- C. Crush them





Answer:  
B. Rinse them out.



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# Why is it important to follow your local recycling program's guidelines?

- A. To know when to recycle
- B. To ensure you're recycling the right items
- C. To find eco-friendly brands





Answer:

B. To ensure you're recycling the right items. Each recycling program has specific rules for what can and can't be recycled.



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All clothes can be recycled.





Answer:

No. Not all clothes can be recycled, but many can be reused or repurposed in some way. The recyclability of clothing depends on several factors.



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What percentage of used clothes are recycled into new ones?

A. 1%.

B. 20%

C. 50%





Answer:

A. Only 1% of used clothes are recycled into new clothes, since technologies that would enable clothes to be recycled into virgin fibres are only now starting to emerge.



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How many litres of fresh water are required to make a cotton t-shirt?

- A. 500
- B. 1500
- C. 2700





Answer:

C. To make a single cotton t-shirt, 2,700 litres of fresh water are required according to estimates, enough to meet one person's drinking needs for 2.5 years.



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What percentage of global water pollution is attributed to textile production?

- A. 5%
- B. 20%
- C. 40%





Answer:

B. Textile production is estimated to be responsible for about 20% of global clean water pollution from dyeing and finishing products.



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The fashion industry is estimated to be responsible for more than shipping and airplane of global carbon emissions.

TRUE OR FALSE





Answer:

True. The fashion industry is estimated to be responsible for 10% of global carbon emissions – more than international flights and maritime shipping combined.



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What percentage of all the clothing sold in the EU ends up in landfills?

- A. 20%
- B. 50%
- C. 80%





Answer:

C. 80% of clothing sold in EU ends up in landfills after been discarded and getting exported to poor countries.



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Which of these textile landfills is already visible from space:

- A. Panipat, India
- B. Atacama Desert, Chile
- C. Kantamanto Market, Ghana.
- D. Gykomba Market, Kenya





Answer:

B. All of these textile landfills are overloaded, but in the Atacama Desert of northern Chile has reached such huge proportions that it can be seen from space.



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Nearly how much of the micro-plastics that are dispersed in the ocean each year come from textiles?

- A. Half a million ton
- B. Two hundred thousand
- C. One hundred thousand





Answer:

A. It has been estimated that around half a million tonnes of plastic microfibres shed during the washing of plastic-based textiles such as polyester, nylon, or acrylic end up in the ocean annually.



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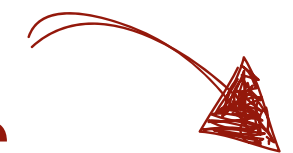
# Thank You for Taking Our Quiz!

We hope you enjoyed the quiz and found it both informative and fun!  
For more exciting content and updates, feel free to check out our online newsletter.

You can find the sources of information used in this quiz in our online newsletter.

A big thank you to our authors:  
Mathilde, Doroteja & Marilia

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