

True or False Myth Busting Game



This True or False Myth Busting Game can be played as a household or as part of a Team Building Game (see the Team Building Section). It's a simple game that gets you to think about food waste and some of the reasons food is wasted. **All you have to do is select someone to read out the questions. You might want to do this before you fill in the food waste diary.**

- | | True | False | | True | False |
|--|-----------------------|-----------------------|--|-----------------------|-----------------------|
| 1. Green potatoes should not be eaten as they can cause stomach upsets. | <input type="radio"/> | <input type="radio"/> | 9. Best before dates are very strict and food should never be eaten after the best before date. | <input type="radio"/> | <input type="radio"/> |
| 2. Food left over from cans should be left in the tin and put in the fridge. | <input type="radio"/> | <input type="radio"/> | 10. An average family of 4 wastes £500 a year on food waste. | <input type="radio"/> | <input type="radio"/> |
| 3. Freezer burn (drying out) affects food quality not safety. | <input type="radio"/> | <input type="radio"/> | 11. Food in a can with any dent in it is not safe to eat. | <input type="radio"/> | <input type="radio"/> |
| 4. All dairy can be frozen safely. | <input type="radio"/> | <input type="radio"/> | 12. All fruit and vegetables can be frozen. | <input type="radio"/> | <input type="radio"/> |
| 5. Vegetables well past their best before dates can be safely eaten as long as they are not mouldy or show signs of decay. | <input type="radio"/> | <input type="radio"/> | 13. Bananas and fresh pineapples keep for longer in the fridge. | <input type="radio"/> | <input type="radio"/> |
| 6. Food waste contributes about 5% of all greenhouse gas emissions. | <input type="radio"/> | <input type="radio"/> | 14. Sprouting potatoes are not safe to eat, even if you remove the sprouts before use. | <input type="radio"/> | <input type="radio"/> |
| 7. Previously cooked and frozen meat can be reheated several times. | <input type="radio"/> | <input type="radio"/> | 15. Your freezer should ideally be kept at -10°C. | <input type="radio"/> | <input type="radio"/> |
| 8. Dried foods like pasta, rice and beans do not really go off if stored correctly. | <input type="radio"/> | <input type="radio"/> | 16. Milk that has gone past its best before date (not use by date) is probably safe to drink if it smells and tastes OK. | <input type="radio"/> | <input type="radio"/> |

YOU COULD
MAKE YOUR OWN
TRUE OR FALSE
QUESTIONS



The following sites are good sources of information:



Homepage | Food Standards Agency
www.food.gov.uk



Buying loose fruit & veg | Love Food Hate Waste
www.lovefoodhatewaste.com/good-food-habits



Spector, T. (2015). The diet myth: The real science behind what we eat. Hachette UK.



- | | True | False |
|--|-----------------------|-----------------------|
| 17. The longer food is frozen, the more likely texture will be affected but this does not generally affect the safety of the food. | <input type="radio"/> | <input type="radio"/> |
| 18. The correct fridge temperature is below 7°C. | <input type="radio"/> | <input type="radio"/> |
| 19. About 20% of food waste is from the consumer (household food waste). | <input type="radio"/> | <input type="radio"/> |
| 20. Each stage of the journey of our food draws resources from our planet and produces greenhouse gas emissions. | <input type="radio"/> | <input type="radio"/> |
| 21. Vinegar and oils do not generally go off even if they have best before dates. | <input type="radio"/> | <input type="radio"/> |
| 22. To stop freezer burn (drying out) foods should not be frozen in an air tight container or freezer bag. | <input type="radio"/> | <input type="radio"/> |
| 23. Bottled drinks with best before dates should be thrown away on the day the date expires. | <input type="radio"/> | <input type="radio"/> |
| 24. Cream cheeses and grated cheese can be safely eaten if the mould is scraped off before use. | <input type="radio"/> | <input type="radio"/> |
| 25. Food flown in from other countries has a higher impact on climate. | <input type="radio"/> | <input type="radio"/> |



Answers...

1. **TRUE.**
2. **FALSE.** Should be transferred to an airtight container and put in the fridge as the food can react with the tin once opened.
3. **TRUE.**
4. **TRUE.** Follow this link for further hints and tips www.lovefoodhatewaste.com/blog/seven-foods-you-never-knew-you-could-freeze
5. **TRUE.**
6. **FALSE.** It contributes 10%.
7. **FALSE.** should only be re-heated once.
8. **TRUE.**
9. **FALSE.** Best before dates are estimates of food quality not safety.
10. **FALSE.** The average is £1000.
11. **FALSE.** Small dents do not affect the integrity of the can or quality of the food. Only if the dent is deep, the tin may have a hidden split, hole or break in the seal. This could result in a tin that is no longer a reliable container. www.food.gov.uk/business-guidance/managing-food-safety-for-charity-food-providers
12. **TRUE.** www.lovefoodhatewaste.com/blog/seven-foods-you-never-knew-you-could-freeze
13. **FALSE.** Unlike most fruit they are better kept at room temperature.
14. **FALSE.** They are perfectly safe simply remove the sprouts before use.
15. **FALSE.** (-18°C)
16. **TRUE.**
17. **TRUE.**
18. **FALSE.** It should be below 5°C.
19. **FALSE.** It is at least 60%.
20. **TRUE.**
21. **TRUE.**
22. **FALSE.**
23. **FALSE.** They are likely to be safe for months or even years after the date.
24. **FALSE.** The mould can penetrate and make the cheese unsafe to eat.
25. **TRUE.** Food flown in from other countries has a higher impact on climate as opposed to food that has been shipped. However, only a small percentage of our food is flown in, typically 0.16% and it can be difficult to tell what food has been flown in. One of the biggest ways you can help in our efforts to tackle climate change is to reduce your food waste. Please look at our Top Tips (www.bolton.gov.uk/downloads/file/5819/food-waste-top-tips-leaflet) or have a go at filling in the food waste diary.

ourworldindata.org/food-choice-vs-eating-local

