QUIZ: Upcycling and Sustainability in Fashion

1. What is the main goal of upcycling in fashion?

a) Reducing transportation costs

b) Giving a second life to materials by creating higher-value products

c) Burning fabrics to generate electricity

d) Producing more synthetic materials

2. Which of the following best describes “downcycling”?

a) Converting waste into energy

b) Creating fashionable items from scrap

c) Recycling materials into products of lower quality or value

d) Selling used clothes in second-hand stores

3. Which material is considered ideal for upcycling due to its unique and leftover nature?

a) Virgin polyester

b) Organic wool

c) Deadstock fabric

d) Biodegradable plastic

4. What is a key environmental benefit of upcycling?

a) Reduction of landfill textile waste

b) Greater use of fossil fuels

c) Increased industrial water usage

d) Growth in fast fashion supply chains

5. What is one reason upcycling supports sustainability?

a) It encourages mass production

b) It conserves natural resources like water and energy

c) It promotes disposable fashion

d) It increases carbon emissions

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