

1 Look at the photo. Where is the food? Why might it be there?

Discuss. Then listen and read.  066

Think about the last time you visited a **supermarket**. Did you see any short, fat carrots? Were all the bananas in the bunch different **sizes**? And were there any strange lumps on the potatoes? If you answered 'no' to these questions, there's a reason why. Supermarkets in many parts of the world set very high **standards** for the **appearance** of their fruit and vegetables. Many supermarket employees believe that **consumers** want

everything to look perfect. But if supermarkets reject these unusual carrots and lumpy potatoes, what happens to them? They often go rotten in the **fields** or go in the bin, and from there, to **landfills**. In the United Kingdom alone, between 20 and 40 per cent of fruit and vegetables are rejected before they even reach the shops.

It's a **shocking** statistic, but there are solutions to the problems of food **waste**. Author and activist Tristram Stuart organises **campaigns** around the world called *Feeding the 5000*. At these events, people use food that would have otherwise gone to waste to prepare free, delicious meals for



5,000 people. Volunteers make good meals from fruit and vegetables that may not be pretty, but are still **nutritious** and fresh. In many cities, there are also *Disco Soup* parties. At these events, volunteers prepare meals from unwanted **produce** while they dance to music played by a DJ. These events are a lot of fun, and they make people think twice about throwing food away!

Some supermarkets are also trying to get people to think differently. The French supermarket chain *Intermarché* **supplies** ugly food in its stores. The fruit and vegetables look strange, but they're **edible**.



They're also less expensive than more attractive produce. Consumers love the idea. In fact, *Intermarché* stores sold more than 1,200 kg. (2,645 lb.) of ugly fruit and vegetables in the first two days of the campaign.

So what can you do? Start by eating what's on your plate! And don't be afraid to try ugly or unusual foods. You can even organise a food waste **challenge** for your friends and family! By telling people about the problem, you're working towards the solution.

Tristram Stuart at a *Feeding the 5000* event in Trafalgar Square, London



2 LEARN NEW WORDS Listen and repeat. 067

4 Read and write the words from the list.

campaign	edible	landfill	nutritious
produce	shocking	supply	waste

Tristram Stuart first became interested in the issue of food _____ when he was a teenager. He kept a few pigs, and he would feed them with unwanted food. Local bakers, grocers and even his school canteen would _____ food for him to feed his pigs. He also used _____ that he found in bins behind the supermarket. He soon realised that these fruit and vegetables were actually tasty, _____ and perfectly _____ for humans. There was no reason why they couldn't be eaten. The _____ amount of food in the bin inspired Tristram to start a _____ to inform people about the issue and try to create change.

5 LEARN NEW WORDS Listen to these words and match them to the definitions.

Then listen and repeat.  068 069

fresh	reject	rotten	throw away
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| _____ | 1. not accept something |
| _____ | 2. put something in the bin |
| _____ | 3. recently produced or picked |
| _____ | 4. no longer edible |