

LIVEWORKSHEETS - B1 INTERACTIVE PRACTICE

SDG 12: Responsible Consumption and Production

Subtopic: Food Waste and Smart Food Choices - Plan, Store, Share | Grades 8-9 | B1

Target vocabulary: food waste, leftovers, portion, meal plan, food storage, best-before date, food donation, compost

Task 1. Vocabulary match

Match A-H with meanings 1-8.

Words	Meanings
A. food waste	1. food from a meal that was not eaten and can be used later
B. leftovers	2. a plan of meals you expect to prepare over several days
C. portion	3. food or drink that is thrown away instead of being eaten
D. meal plan	4. the way food is kept so it stays safe and fresh for longer
E. food storage	5. giving safe, usable food to people or organisations that need it
F. best-before date	6. a recommended date connected mainly with food quality
G. food donation	7. one amount of food served to one person
H. compost	8. material made from food scraps and other natural waste that can improve soil

Task 2. Reading A - Why good food is sometimes wasted

Read the text and choose the best answer. Correct answers are mixed.

Food can be wasted even before it reaches the plate. Families sometimes shop without checking what is already in the fridge or cupboard, so they buy the same products again. Large packages may also look cheaper, but some of the food may not be eaten in time. At meals, serving a very large portion can create more leftovers than people can use.

Another common problem is misunderstanding a best-before date. This date usually tells us when a product is expected to be at its best quality. It does not automatically mean the food becomes unsafe the next day. People should still follow storage instructions and use their senses when appropriate. Better planning and sensible portions can reduce food waste before it happens.

1. Why can shopping without checking the kitchen create waste?

- A) People may buy food they already have.
- B) Food becomes more expensive immediately.
- C) The fridge stops working.
- D) Portions always become smaller.

2. Why can very large packages be a problem?

- A) They always contain unsafe food.
- B) Some food may not be eaten before its quality falls.
- C) They cannot be stored anywhere.
- D) They make meal plans impossible.

3. What can happen when a portion is too large?

- A) There may be more leftovers than needed.
- B) Food storage becomes unnecessary.
- C) Food donation stops.
- D) The best-before date changes.

4. What does a best-before date mainly describe?

- A) The price of the product
- B) The number of portions
- C) The expected quality of the food
- D) The exact moment food becomes dangerous

5. Which action can prevent food waste?

- A) Buy duplicates without checking.
- B) Serve the largest possible portions.
- C) Ignore what is already at home.
- D) Plan meals and choose sensible portions.

Task 3. Reading B - Store, share and use food wisely

Read the text and choose the best answer. Correct answers are mixed.

A simple meal plan can help a family decide what food is really needed for the week. It can also make it easier to use ingredients that are already at home. Correct food storage matters too: some products belong in the fridge, while dry foods need a cool, dry place. Moving older food to the front can remind people to use it first.

Leftovers can often become another meal. Cooked vegetables may be added to soup, rice can be used in a new dish, and extra bread can be frozen. If safe food will not be used, food donation may be possible through a suitable organisation. Peels and other unavoidable plant scraps can sometimes go into compost instead of general rubbish.

1. How can a meal plan help?
 - A) It helps people decide what they really need to buy.
 - B) It makes all food last forever.
 - C) It removes the need for food storage.
 - D) It creates larger portions.
2. Why put older food at the front?
 - A) To hide it from the family
 - B) To make it colder
 - C) To remind people to use it sooner
 - D) To change its best-before date
3. What can people do with suitable leftovers?
 - A) Use them in another meal
 - B) Always throw them away
 - C) Turn every leftover into compost
 - D) Donate them without checking safety
4. What is food donation?
 - A) Keeping all extra food at home
 - B) Giving safe usable food to people or organisations that need it
 - C) Throwing food into general rubbish
 - D) Buying larger portions
5. Which item is most suitable for compost?
 - A) A glass bottle
 - B) A metal can
 - C) Vegetable peelings
 - D) Plastic packaging

Task 4. True or False

Choose T or F. These sentences are different from the lesson-plan worksheet.

1. Checking the fridge before shopping can help prevent duplicate purchases. T / F
2. A best-before date always means food is unsafe immediately after that date. T / F
3. Correct food storage can help food stay usable for longer. T / F
4. Leftovers must always be thrown away. T / F
5. Food donation should involve food that is safe to use. T / F
6. Some fruit and vegetable scraps can be composted. T / F

Task 5. Complete the sentences

Use each target word or phrase once.

food waste | leftovers | portion | meal plan | food storage | best-before date | food donation | compost

1. Making a _____ before shopping can help you buy only what you expect to use.
2. Food that is thrown away instead of eaten becomes _____.
3. A sensible _____ can help people avoid serving too much food.
4. Food remaining after dinner can be kept as _____ for another meal.
5. Keeping milk in the fridge is an example of correct _____.
6. A _____ usually gives information about expected product quality.
7. Giving safe extra food to a community organisation is called _____.
8. Vegetable peelings may sometimes be added to _____ instead of general rubbish.

Task 6. Choose the smartest action

Read each situation and choose the best response. Correct answers are shuffled.

1. You are going shopping, but you are not sure what food is already at home.
 - A) Buy everything on sale.
 - B) Check the fridge and cupboard first.
 - C) Choose the largest packages.
 - D) Ignore your meal plan.
2. There is cooked rice left after dinner.
 - A) Throw it away immediately.
 - B) Leave it on the table all night.
 - C) Store it safely and use it in another suitable meal.
 - D) Buy more rice before using it.
3. A yogurt is just past its best-before date.
 - A) Throw it away without checking.
 - B) Understand that the date mainly concerns quality and check the product appropriately.
 - C) Donate it automatically.
 - D) Put it in compost with the container.
4. Your school has unopened safe food from an event that will not be used.
 - A) Ask whether a suitable food donation option is available.
 - B) Put all of it in general waste.
 - C) Open everything and leave it outside.
 - D) Serve double portions even if nobody wants them.
5. You have vegetable peelings after preparing dinner.
 - A) Put them in plastic recycling.
 - B) Add them to compost if your local system accepts them.
 - C) Mix them with glass.
 - D) Keep them in the fridge for several weeks.