

Listening Worksheet – Food Expiration Dates (SDG 12) – B2

Before you watch

Level: B2 · **Time:** about 30 minutes · **Topic:** SDG 12, Responsible Consumption and Production · **Total:** 10 marks (1 mark per question)

You are going to watch a short video by Carolyn Beans about food expiration dates and food waste: [watch here](#).

- Read all the questions before the first viewing.
- Watch once for the general idea, then a second time to check the details.
- Write your answers in your notebook, in your own words. Do not copy long sentences from the video.
- Use the number of the question and the letter of the option (a, b, c or d) when you answer.

Questions 1–5

1. What is the main idea of the video?

- a) Food was safer to eat before the 20th century than it is today.
- b) Supermarkets should stop selling processed food.
- c) Misunderstood date labels make people waste food that is still safe.
- d) Households in the US waste less food than restaurants and shops.

2. Decide whether each statement is True or False and justify your answer with information from the video.

- a) About a fifth of the food that US households throw away is binned because people do not know how to interpret the dates.
- b) The dates on most food products are decided using scientific evidence about when food stops being safe.
- c) The dates on infant formula are as vague as the dates on most other products.
- d) Some supermarkets in the UK have removed date labels from fruit and vegetables.

3. According to the video, why do manufacturers and retailers tend to set the dates early?

- a) So that customers eat the food when it tastes best and keep coming back
- b) Because the law obliges them to use the earliest possible date
- c) To protect shoppers from food poisoning
- d) To reduce the cost of storing food

4. How did people judge whether food was fresh before the 20th century?

5. Give two examples of foods mentioned in the video that can still be safe to eat after the date on the label.

Questions 6–10

6. According to the video, which foods are more likely to carry harmful bacteria that you cannot detect by smell or taste once they are past their date?

- a) Canned vegetables and pasta
- b) Eggs and frozen dinners
- c) Cookies and crackers
- d) Ready-to-eat salads, deli meats and unpasteurised cheeses

7. Match each word (1–5) with its definition (A–F). There is one extra definition.

1. toss
 2. stale
 3. spoil
 4. advocate for
 5. incentivise
- A) to publicly support an idea or a policy
 - B) to throw something away
 - C) no longer fresh and unpleasant to eat, but not dangerous
 - D) to become bad and unfit to eat
 - E) to encourage someone to do something by offering them a benefit
 - F) to keep something cold so that it lasts longer

8. Explain in your own words the difference between the phrases "Best if used by" and "Use by". Why do experts want companies to use only these two labels?

9. What does the video say about donating unsold food?

- a) US federal law prohibits donating food after the printed date.
- b) Some US states limit donations of food past its date, even though federal law protects them.
- c) France asks supermarkets to sell unsold food at a lower price.
- d) Donating unsold food is already compulsory in every US state.

10. Write 50–70 words giving your opinion: which of the solutions mentioned in the video (standard labels, no labels on fresh produce, laws about donating food) would be most effective in your country? Justify your answer with at least one argument.

Video: Carolyn Beans, "Food expiration dates don't mean what you think".