

# Listening: What a waste!

**1-SPEAKING.** Describe the photo. Use the words below to help you.



verbs not need throw away  
nouns egg fruit rubbish bin vegetables  
adjectives fresh old

**2-** Complete the text about “freeganism” with the words below. Do you find any of the information surprising?

angry clothes food fruit hungry  
meal rubbish bin shape

## FREEGANISM

In the UK, we throw away seven million tonnes of  
1 \_\_\_\_\_ and drink every year. Supermarkets  
throw away food that is past its sell-by date, and  
they also throw away 2 \_\_\_\_\_ and vegetables  
that are the wrong 3 \_\_\_\_\_ or size! We also  
waste a lot of food at home because we buy too  
much, or cook too much for a 4 \_\_\_\_\_. And  
35% of school lunches go straight into the  
5 \_\_\_\_\_ too!

Freegans are very 6 \_\_\_\_\_ about this. They try  
not to waste anything. They collect good food that  
supermarkets throw away, and they eat it or give it to  
people who are 7 \_\_\_\_\_. Freegans recycle and  
reuse other things too – for example, 8 \_\_\_\_\_  
and furniture. They want to change the way we live.

**3-** Read the **LEARN THIS!** Box. Listen and underline the “content words” in these sentences. (Audio 2.19)

### LEARN THIS! Unstressed words

-  a We usually stress the important ‘content words’ in sentences (e.g. nouns, names, main verbs, adjectives, question words).  
Tom is in the kitchen.  
Where is the knife?
- b Less important ‘functional words’ are often unstressed (e.g. prepositions, modal verbs, articles, conjunctions, the verb *be*, pronouns, possessive adjectives).
- c The vowel sound in unstressed words sometimes changes to a schwa sound /ə/.  
*/from/* > /frəm/

- 1 Where’s the bread?
- 2 Can you pass me the salt?
- 3 Dan is in the café.
- 4 His sister, Sophie, can cook.
- 5 What’s the name of this song?
- 6 Sushi is from Japan.

**4-** Read the **LISTENING STRATEGY**. Then listen. How are the italicised unstressed words pronounced? (Audio 2.20)

### Listening Strategy

Unstressed words can be difficult to catch in natural speech. Being able to recognise the unstressed form of words will help you to understand them when you hear them.

1 Pizza’s <i>from</i> Italy.	5 I’m going to the café.
2 Here <i>are</i> two apples.	6 salt <i>and</i> pepper
3 Where’s <i>your</i> cup?	7 Here’s <i>some</i> cheese.
4 I <i>can</i> help you.	8 This apple is <i>for</i> you.

**5-** Listen to an interview with a freegan. Only one of these sentences is correct. Which one? (Audio 2.21)

- 1 Adam eats food from rubbish bins outside shops.
- 2 Adam gives food to homeless people.
- 3 Adam doesn’t like spending money on food.

**6- Listen and complete the sentences. How many unstressed words are there in each gap?  
(Audio 2.22)**

- 1 Adam \_\_\_\_\_ freegan \_\_\_\_\_ Luton \_\_\_\_\_ UK.
- 2 \_\_\_\_\_ collects food \_\_\_\_\_ supermarkets \_\_\_\_\_ restaurants.
- 3 \_\_\_\_\_ collects \_\_\_\_\_ food three \_\_\_\_\_ four times \_\_\_\_\_ week.
- 4 \_\_\_\_\_ collect \_\_\_\_\_ food \_\_\_\_\_ dark.
- 5 \_\_\_\_\_ Adam's friends \_\_\_\_\_ freegans.
- 6 \_\_\_\_\_ never come \_\_\_\_\_ house \_\_\_\_\_ meal.

**7- SPEAKING. Say if you agree or disagree with the statements below. Give reasons for your opinions.**

- 1 Freeganism is disgusting.
- 2 Freeganism isn't safe.
- 3 Freeganism is a good idea.
- 4 Freegans should buy food, not take it.
- 5 Shops and restaurants should throw away less food.

I agree / don't agree that ...