

# Food waste in the UK



British people throw away about 4.5 million tonnes\* of food every year. That's enough to fill 3,600 Olympic swimming pools!

- 70% of food waste comes from homes not from shops or restaurants.
- An average British family of four throws away about £70 of food a month – that's about £800 a year!
- Each British home throws away 170 potatoes a year – that's 4.4 million potatoes every day!
- We throw away 335.8 million bananas and 292 million apples a year!
- We throw away about 20 million pieces of bread every day – 7.3 billion a year! Put end to end, the pieces of bread in a year can go around the Earth 28 times.
- We throw away 3.1 million glasses of milk every day! That's about 1.1 billion in a year!

\*1 tonne = 1,000 kilograms

## BEFORE YOU WATCH

- Work in pairs. Discuss the questions.**
  - How often do you go shopping for food?
  - Do you plan what to buy before you go?
  - How much food do you usually throw away each week?
- Work in pairs. Read the infographic. Which information do you think is interesting/surprising? Why?**
- Read the infographic again. Match numbers 1–6 with information a–f.**

1 3,600	4 800
2 292 million	5 70
3 28	6 1.1 billion

  - the percentage of food waste that comes from British homes
  - the number of times wasted slices of bread can go around the Earth
  - the number of Olympic-size swimming pools that food waste in the UK can fill
  - the number of glasses of milk that British people throw away each year
  - the amount in pounds that British families waste on food they throw away every year
  - the number of apples that British people throw away every year

## WHILE YOU WATCH

- Watch the video about food waste. Which fruits and vegetables does Esme get from the market?**
- Work in pairs. What other fruits and vegetables did you see in the video?**
- Watch the video again. Choose the correct alternatives.**
  - Esme, the reporter, is in a *supermarket/food market*.
  - Davina works for a food *charity/business* called Be Enriched.
  - Be Enriched collects food from the market and makes meals for *local schools/the local community*.
  - The food Be Enriched collects is *the same/different* every week.
  - Be Enriched *pays/doesn't pay* for the fruit and vegetables from the market.
  - Davina says they can boil or roast the *broccoli/carrots*.
  - They take a *few/lots of* tomatoes from the market.
  - All/Not all* of the food Be Enriched uses comes from Borough Market.
  - Be Enriched also teaches people how to *cook with vegetables/grow vegetables*.
  - The people who cook the food are *paid to work/volunteers*.



- 6 a What food does Davina suggest they make?  
Match 1–5 with a–e to make drinks and dishes.

- |           |                              |
|-----------|------------------------------|
| 1 rocket  | a and passion fruit smoothie |
| 2 pumpkin | b bread                      |
| 3 spinach | c and tomato salad           |
| 4 mango   | d and red lentil stew        |
| 5 banana  | e and broccoli soup          |

- b Watch the video from 02:14–02:40 to check your answers.

- 7 a What do people like about the community kitchen?  
Complete the summary with the words in the box.

atmosphere fresh nice nutritious socialising  
volunteers

Speaker 1 says that she likes the lovely <sup>1</sup> \_\_\_\_\_, the <sup>2</sup> \_\_\_\_\_ food and the <sup>3</sup> \_\_\_\_\_ people that go to the community kitchen.

Speaker 2 says that he likes the friendly <sup>4</sup> \_\_\_\_\_, and the <sup>5</sup> \_\_\_\_\_ food. He also likes <sup>6</sup> \_\_\_\_\_ and meeting other people.

- b Watch the video from 03:15–03:46 to check your answers.

- c Complete the definitions with the words in Exercise 7a.

- \_\_\_\_\_ (n) people who do work without being paid
- \_\_\_\_\_ (adj) food that is recently prepared and not in a tin or frozen, etc.
- \_\_\_\_\_ (n) the feeling a place or situation gives you
- \_\_\_\_\_ (adj) food that is good for your body
- \_\_\_\_\_ (adj) friendly and kind
- \_\_\_\_\_ (v) spending time with other people for fun

- 8 a Speaker 1 says the food is *absolutely wonderful, actually, top-notch!* What do you think *top-notch* means?

- b Work in pairs. What things would you describe as *top-notch*?

#### AFTER YOU WATCH

- 9 Work in pairs. Discuss the questions.

- Do you think the food Esme and Davina made in the video looked good?
- Be Enriched teaches people to make meals using all parts of vegetables so that they waste less food. What other ways can you think of to reduce food waste?
- Do you know of any organisations or websites that help people reduce food waste?

- 10 a Imagine you work in a food kitchen like Davina's. Choose a few of the ingredients in the box and think about what you can make with them. Make notes.

some bananas some carrots lots of tomatoes  
a mango a few apples some broccoli  
a packet of spinach a pumpkin some peppers  
a lot of potatoes

- b Work in pairs. Compare your ideas. Choose a menu and present your ideas to the rest of the class.

*A: I think we can use the potatoes and spinach to make some soup.*

*B: Hmm, I thought we could use the spinach in a salad with some tomatoes and peppers.*