

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

 - a the percentage of food waste that comes from British homes
 - b the number of times wasted slices of bread can go around the Earth
 - c the number of Olympic-size swimming pools that food waste in the UK can fill
 - d the number of glasses of milk that British people throw away each year
 - e the amount in pounds that British families waste on food they throw away every year
 - f 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 lovely¹ _____, the² _____ food and the³ _____ people that go to the community kitchen.

Speaker 2 says that he likes the friendly⁴ _____ and the⁵ _____ food. He also likes⁶ _____ 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?
- 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.