Food waste

FOOD WASTE IS A BIG PROBLEM IN THE WORLD. MANY PEOPLE THROW AWAY FOOD THAT THEY DON'T NEED OR WANT TO EAT ANYMORE. THIS IS NOT GOOD BECAUSE THERE ARE MANY HUNGRY PEOPLE IN THE WORLD WHO WOULD BE HAPPY TO HAVE THIS FOOD.

SOMETIMES, PEOPLE THROW AWAY FRUIT AND VEGETABLES THAT ARE STILL FRESH BUT DON'T LOOK PERFECT. THEY MIGHT BE A STRANGE SHAPE OR SIZE, BUT THEY ARE STILL GOOD TO EAT. PEOPLE ALSO THROW AWAY FOOD THAT IS PAST ITS SELL-BY DATE, EVEN THOUGH IT'S STILL SAFE TO EAT.

WHEN WE THROW AWAY FOOD, IT GOES INTO THE RUBBISH BIN AND ENDS UP IN A LANDFILL. THIS IS NOT GOOD FOR THE ENVIRONMENT BECAUSE IT CREATES MORE WASTE. INSTEAD OF THROWING AWAY FOOD, WE CAN TRY TO USE IT IN DIFFERENT WAYS. WE CAN RECYCLE IT OR REUSE IT IN OTHER MEALS.

WE SHOULD ALSO THINK ABOUT CHANGING OUR HABITS WHEN IT COMES TO FOOD. WE CAN PLAN OUR MEALS BETTER SO THAT WE DON'T BUY TOO MUCH FOOD AND END UP THROWING IT AWAY. WE CAN ALSO DONATE FOOD TO CHARITIES OR FOOD BANKS THAT HELP FEED HUNGRY PEOPLE.

IN CONCLUSION, WE SHOULD ALL TRY TO REDUCE FOOD WASTE. WE CAN DO THIS BY BEING MINDFUL OF WHAT WE BUY AND HOW MUCH WE REALLY NEED. WE CAN ALSO FIND WAYS TO REUSE OR RECYCLE FOOD INSTEAD OF THROWING IT AWAY. LET'S WORK TOGETHER TO MAKE THE WORLD A BETTER PLACE AND REDUCE FOOD WASTE!

Post-Reading Activities

№1 Choose the best title

a) Why throwing away food is good for the environment.
b) The problem of food waste and how to reduce it.
c) Different ways to cook food that has gone bad.

№2 True or False?

1. People throw away food that is still fresh but doesn't look perfect.	T/F
2. Food that is past its sell-by date is always unsafe to eat.	T/F
3. We can only reduce food waste by changing our habits when it comes to food.	T/F
4. We should not try to find ways to reuse or recycle food instead of throwing it away.	T/F
5. We can plan our meals better so that we don't buy too much food and end up throwing it away.	T/F
6. Reducing food waste is not important for the environment.	T/F
7. We can all work together to reduce food waste.	T/F

№3 Match word and definition

1. size	**a.** not necessary.
2. hungry	**b.** to put something away in the rubbish bin.
3. reuse	**c.** a sweet product of a tree or plant.
4. throw away	**d.** leaves, roots, or flowers, often used in cooking.
5. sell-by date	**e.** a container used for trash.
6. change	**f.** new, clean, cool, and ready for eating.
7. rubbish bin	**g.** existing for a long time; not new.
8. recycle	**h.** when you want to eat.
9. rotten	**i.** when food is eaten - breakfast, lunch, dinner.
10. not need	**j.** the form of an object or person.
11. meal	**k.** how big or small something is.
12. fruit	**l.** the date printed on food after which it shouldn't be eaten.
13. waste	**m.** a strong emotion of unhappiness, aggression.
14. shape	**n.** to use too much of something in a bad way.
15. angry	**o.** to convert waste into something you can use again.
16. food	**p.** to use something again instead of throwing it away or buying a new one.
17. vegetables	**q.** something that people and animals eat.
18. old	**r.** to become or make something different.
19. fresh	**s.** very bad food; you can't eat it anymore.
20. leftover	**t.** extra you didn't eat during the meal and saved for later.

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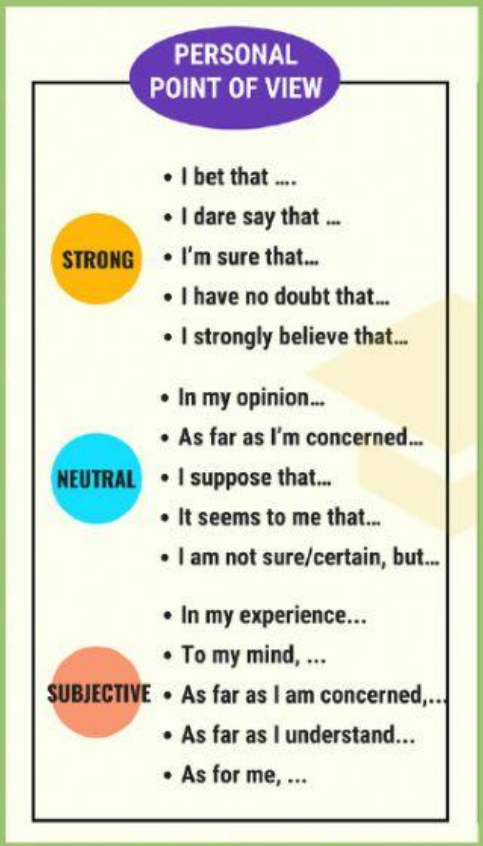
№4 Fill in the gaps with the words below

size --- shape --- reuse --- throw away --- sell-by date --- change --- rubbish bin --- recycle --- rotten --- not need --- meal --- fruit --- waste --- hungry --- angry --- food --- vegetables --- old --- fresh --- leftover

1. I am so _____ that I could eat a horse.
2. The _____ of the pizza is too big for me to eat alone.
3. I do _____ any dessert after eating such a big meal.
4. We can _____ glass jars to store spices.
5. Don't _____ food, it's not good for the environment.
6. It's a great idea to give _____ food to homeless people.
7. My brother gets _____ when someone touches his food.
8. Check the _____ before buying milk at the grocery store.
9. The school cafeteria serves a hot _____ for lunch.
10. I like to eat fresh _____ as a snack.
11. The apple in the fridge is _____ and you have to throw it away.
12. I need to _____ my diet and start eating more healthily.
13. This bread is _____, we need to buy a new one.
14. My mom always tells me to eat my _____ at dinner.
15. We should _____ plastic containers instead of throwing them away.
16. Don't _____ this burger, I'll give it to our dog.
17. I love trying different types of _____ from around the world.
18. The supermarket always has _____ produce in stock.
19. Throw the banana peel in the _____.
20. The cookies are in the _____ of stars and moons.

№5 Work in groups or pairs. Tell what you think about the questions below. Use vocabulary from previous exercises

1. Have you ever thrown away food that was still good to eat?
2. What do you think happens to the food we throw away?
3. Do you know how much food is wasted in the world each year?
4. How can we make smaller food waste in our daily lives?
5. Have you heard of any organizations working to fight with food waste?
6. What are some creative ways to use up leftover food?
7. In your opinion, what role does consumer behavior play in food waste problem?
8. Can you think of any positive sides of making smaller food waste besides saving money and resources?
9. How has COVID-19 affected food waste?
10. Do you have any personal tips for minimizing food waste in your own household?



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