

The truth about 'expired food'

1. Answer the questions: *What's the 'oldest' product in your fridge now? How do you understand when the food got lost its freshness? How often do you **toss** (throw away) food?*

*Do you always check the **sell-by date**? Have you ever bought any expired food by accident? What did you do with it?*

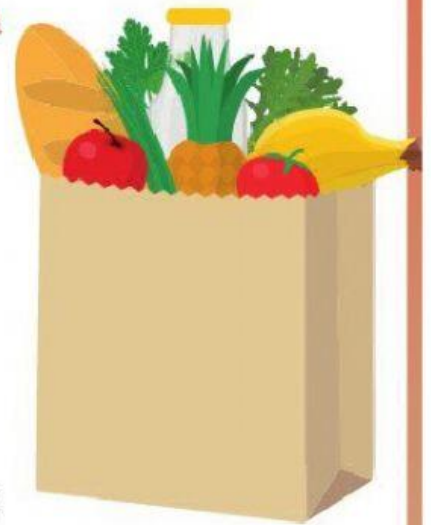
2. Watch the video. What its main idea?

3. Study the vocabulary. Can you remember the words from the video and the context where they're used?

Watch again, stop where necessary and find the phrases

THE TRUTH ABOUT "EXPIRED" FOOD

- to toss (= to throw sth lightly or carelessly)
- to be past its sell-by date
- carrots that lost their crunch
- to be not sure how to interpret the dates food items are labeled with
- to go bad (= to no longer be fresh enough to eat or drink)
- to know how to assess freshness using sight, smell, and touch
- to gauge /geɪdʒ/ (= to make a judgement about sth)
- to adopt a system
- an expiration date
- scientific backing (= help and support)
- at its best (= at the highest standard that can be achieved)
- many foods are safe to eat far beyond their labeled dates
- shelf-stable groceries (= food that can be safely stored at room temperature in a sealed container)
- stale (= no longer fresh and therefore unpleasant to eat)
- to keep sth in check (= to keep sth under control)
- indefinitely (= for a period of time with no fixed limit)
- to spot spoiled produce by off odors, slimy surfaces, and mold
- better safe than sorry
- to eat or freeze meat within days of purchase
- ready-to-eat salads
- deli meat (= lunch meat, especially when purchased from a delicatessen, and which is typically presliced)
- unpasteurized cheeses
- infant formula (= a type of liquid food for babies, given instead of breast milk)
- edible (= suitable or safe for eating)
- a grocer (= a person who owns, manages or works in a shop selling food and other things used in the home)
- to advocate (= to support sth publicly)
- to use your own judgement
- to donate unsold food
- to be fit for consumption



4. Can you spot for more words/ phrases you find useful?

5. Choose top 10 NEW interesting words and phrases and use them to express your own opinion on the problem of food waste.

