

3 Food for thought

Reading

- Read the blog post on page 19. What problem with food does it mention? Check (✓) the correct answer.
 - food waste ☐
 - the cost of food ☐
 - unhealthy food ☐
- Read the blog post again. Number the paragraph headings (a–d) in the order the text is organized.
 - _____ The problem with food waste.
 - _____ Things companies do with food waste.
 - _____ One thing everyone can do about food waste.
 - _____ My reasons for researching food waste.
- Read the blog post again. Circle the correct sentences and correct the false sentences.
 - 700 million people live on the planet.
 - 23 million metric tons of food goes in the trash every year.
 - There is more plastic waste than food waste in the U.S.
 - Some companies use food waste for energy.
 - Some food packaging is made from food.
 - There is an app to tell people where to get food for no money.

- Look at the sentences about the writer (1–5). Read the blog post again and decide how we know this information. Match the information (a–e) with the sentences.
 - He's a food blogger. _____
 - He's comfortable with technology. _____
 - He likes spicy food. _____
 - He's good at cooking. _____
 - He cares about the environment. _____

SAVING FOOD

Ken B.



Food waste

As you know, I read a lot about food, and recently I learned that one third of all the food in the world becomes food waste every year. I read a little more and found that there are eight billion people on the planet, but about 700 million are hungry. This made me feel bad about how much food I was putting in the trash can after cooking. It's terrible that so much food goes to waste. What happens to all the food we don't use? I wanted to find out. This is what I discovered.

Sadly, much of the food we don't eat goes in the trash can, then on to a trash dump. The UN Environment Programme found that this happens to 900 million metric tons of food each year; that's 23 million trucks of food! I was surprised to learn that in the U.S.A., there is actually more food waste than plastic or paper! And I always thought plastic was the main problem!



Some food containers are made from food waste.

I did find a few good news stories, though. In some places, companies use food waste to feed animals, make electricity, or power cars. I didn't know until now that one large burger restaurant actually uses their old oil, not gas, in their trucks! What a great idea! And "plastic" plates, cups, and sandwich boxes are also often made from food or food waste.

Sometimes, these big world problems make you feel like there's nothing you can do, but I really wanted to do something. And I know my awesome readers probably want some ideas, too! One of the easiest things I found was an app that tells you about free food in the local area. Restaurants and supermarkets post when they have food that they can't use, and you can go and get it. So I got a big box of vegetables from a supermarket near me. They weren't super-fresh, but they were fine. I made a big pot of curry and invited some friends over to eat it. Click [here](#) for the recipe.



A truck leaves trash at a trash dump.



A box of free vegetables

- He did research about food waste.
- He uses an app to order food and he blogs.
- He writes recipes and blog posts about food.
- He made curry.
- He cooks for friends and writes recipes.


Grammar

Simple past and past progressive

- Circle the correct options to complete the sentences and questions.
 - Was she working as a chef when you both met / were meeting?
 - They were running when they were seeing / saw her in the street.
 - When Christine was working / worked there, the food was always amazing.
 - When I was dropping / dropped my plate, everyone in the café turned around.
 - Pau didn't try / wasn't trying the local food while he was living in the U.K.


- 3 Complete the text with the simple past or past progressive form of the verbs.

I ¹ _____ (have) a total disaster while I ² _____ (cook) for my sister's birthday. I ³ _____ (prepare) everything carefully and ⁴ _____ (start) cooking. But while I ⁵ _____ (make) the sauce, someone ⁶ _____ (call) me. I ⁷ _____ (not pay) attention to the sauce while I was on the phone. It ⁸ _____ (get) burned. The result was horrible and we ⁹ _____ (decide) to eat out instead.

- 2  3.2 Listen again and complete the sentences with between one and four words.

- 1 Sophie wants to go to a restaurant because she _____.
- 2 Eloise wants to eat somewhere quiet because her _____.

Listening

- 1  3.2 Listen to four conversations. Circle the best description of the conversations (1–4).

- 1 a They talk about their favorite restaurants.
b They talk about which restaurant to go to.
- 2 a They talk about what to order.
b There is no vegetarian food on the menu.
- 3 a They both order the same thing.
b They order different things.
- 4 a There are problems with the food.
b Their food is very good.

- 3 Sophie wants the spicy chicken sandwich because it _____.
- 4 They call the waiter because the soup is _____ and the chicken isn't spicy.

Vocabulary

Food


- 1 Complete the ideas (1–7) with the sentences (a–g).

- 1 My friend was on a raw food diet. _____
- 2 About eight percent of the world's population is vegan. _____
- 3 This curry is absolutely delicious. _____
- 4 I became vegetarian last year. _____
- 5 I love Italian food. _____
- 6 My grandma likes to prepare food by herself. _____
- 7 We usually put all the food on the table. _____

- a Can I have the recipe, please?
- b She never wants any help.
- c We like to serve ourselves.
- d My favorite dish is lasagna.
- e I didn't want to eat animals any more.
- f They don't eat anything from animals.
- g Everything she ate was uncooked.

Pronunciation

Stressing words to express meaning

- 1  33 Listen to four orders in a restaurant. Circle the correct order (a or b).

- 1 a spinach curry with rice
b chicken curry with rice
- 2 a three sodas and two orange juices
b two sodas and three orange juices
- 3 a three bowls of vegetable noodles
b three bowls of beef noodles
- 4 a two small chocolate ice creams
b two large chocolate ice creams

- 2 Rewrite the sentences with an indefinite pronoun. More than one answer may be possible.

- 1 All of the food was delicious.
_____ was delicious.
- 2 Are all my friends outside?
Is _____ outside?
- 3 Can I get you some food?
Can I get you _____ to eat?

Grammar

Indefinite pronouns

- 1 Circle the correct option to complete the sentences.

- 1 Did you buy *nobody* / *anything* at the market?
- 2 Would you like *somebody* / *something* to drink?
- 3 I want a big party with *everyone* / *nobody* there.
- 4 *Nobody* / *Anybody* called last night.
- 5 There isn't *somewhere* / *anywhere* to sit down.

- 4 There's a girl at the front door.
There's _____ at the front door.
- 5 There's no food in the fridge.
There's _____ in the fridge.
- 6 Nobody wants to come with me.
I don't have _____ to go with.

Writing

Recipe: Vegetable chili

Ingredients: 1 onion, 3 peppers, 1 carrot, 400 g chopped tomatoes, 400 g beans, a little oil, a teaspoon of chilli powder, some garlic

1. First, chop the onion, garlic, peppers, and carrot.
2. Second, fry the onion and garlic for five minutes.
3. Then, add the peppers and carrots. Cook for five to ten minutes.
4. After that, add the chopped tomatoes, beans, and chilli powder.
5. Finally, reduce the heat and cook for thirty minutes. Cook the chili until the vegetables are soft.
6. Serve with tortilla chips or rice.



- 1 Read the recipe for vegetable chili above. Find:

- 1 four verbs about cooking

add

- 2 three phrases for saying how long

- 3 five ways of giving the order of steps