

Food waste



1. VOCABULARY: Work in pairs or small groups. Check the meaning of the vocabulary in bold together and then discuss the following questions.

Do you usually write a **shopping list** before you go to the supermarket? Do you ever buy more food than you really need or are you quite **thrifty**?

Do you look for **special offers**, such as 'buy one get one free' [**BOGOF**], or 'two for the price of one'?

Do you check the **shelf life** of food as you buy it?

Do you end up throwing food **in the bin** every week? If so, how much money do you think you **waste**? If not, how do you avoid **throwing out** food that's **past its sell-by date**?

2 VIDEO: In pairs, try to guess which numbers go in which gaps. Then watch the video to check your ideas.

6 2/3 15 ¼ 50 1

1 _____ of Tesco's fresh packed salads are thrown away.

2 The average UK family wastes more than £_____ a month on food they throw away.

3 Sainsbury's stopped doing buy one get one free on food over _____ year(s) ago.

4 In Britain we waste more than _____ million tonnes of food a year.

5 _____ million tonnes is sent to land-fill.

6 _____ of waste is caused by the consumer, rather than the supermarkets.



Tesco Vows To Cut Waste Food Mountain



3 VIDEO: Check you understand the meaning of these words and phrases (ways of disposing of waste). Then listen again and put them in the order in which they are mentioned.

Animal feed
Compost
Anaerobic digestion
Landfill
Down the drain/in the sewer

4 DISCUSSION: Discuss the following questions.

- Which do you think are the best/worst ways of disposing of waste? Why?
- Did anything in the video surprise or shock you?

5 DISCUSSION: Look at the following suggestions for reducing household food waste. Which of these..

- Do you already do?
- Would you like to start doing?
- Would you never do?



- 1 Plan your meals for the week and then write a shopping list.
- 2 Don't shop when you're hungry.
- 3 Make sure your fridge is at the right temperature.
- 4 Use old fruit and vegetables to make smoothies or soup.
- 5 Use your leftovers for lunch the next day.
- 6 When you buy new food, bring the old food to the front of the fridge.
- 7 Serve small portions and give people more if they actually want it.
- 8 Only buy what you need- avoid BOGOF
- 9 Use the freezer- defrost food as you need it.
- 10 Use a compost bin.



Transcript

Presenter: Next time you fill out your supermarket trolley save on a shopping bag or two and put some straight in the bin because that's where a worrying amount of it will end up. Two-thirds of Tesco's Fresh Pack salads, almost half of its bread and nearly the same again in apples, all wasted.

Woman: I think sometimes it just gets forgotten about.

Man: Sometimes I have a go at my missus for throwing it away.

Second woman: Don't go for the two....unless it's tinned.

Presenter: The two for one's?

Second woman: Yeah, no .

Presenter: The supermarket experience is all about seduction. The piles of appetising produce, the special offers and the smell of freshly baked bread. And it works! Here in the UK the average family wastes seven hundred pounds, that's over 50 pounds a month, on food that ends up in the bin.

All the big supermarkets have waste management strategies. Asda stresses no food waste is sent to landfill. Waitrose says unavoidable waste is processed by anaerobic digestion to generate energy. Morrisons doesn't do buy one get one free on salads precisely because the shelf life is short while Sainsbury's stopped BOGOF on all food over a year ago. And M&S is invested significantly in new stock forecasting to try to avoid waste. Tesco is huge so its newfound transparency has been welcomed by campaigners against waste. They want us all to think a bit harder. Sandra Caldwell is one shopper who's trying.

Sandra: I discovered this morning that I had some salad which is past the sell by date, so I'm going to throw that out now. Throughout the world there are a lot of people starving and I do think that we should all be making an effort to try and be more thrifty with what we do with our food.

Presenter: Because in all Britain wastes 15 million tons of food every year. Six million in landfill, 1.9 million down the drain, 1.4 million anaerobically digested into electricity and 5.7 becoming animal feed, compost, or sent to charities. Three quarters of that is down to us, the consumer. We may be strapped for cash, but with only two thirds of us bothering to write a shopping list, we're still throwing our money away.

Key and notes

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- 1 2/3 of Tesco's fresh packed salads are thrown away.
- 2 The average UK family wastes more than £50 a month on food they throw away.
- 3 Sainsbury's stopped doing buy one get one free on food over 1 year ago.
- 4 In Britain we waste more than 15 million tonnes of food a year.
- 5 6 million tonnes is sent to land-fill.
- 6 3/4 of waste is caused by the consumer, rather than the supermarkets.

3

- 4 Animal feed
- 5 Compost
- 2 Anaerobic digestion
- 1 Landfill
- 3 Down the drain/in the sewer

Compost or anaerobic digestion are probably the best options. Animal feed is OK so long as it doesn't contaminate the food chain.

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