

LIVING WITH LESS



SPEAKING: Discuss the questions.

- How much food do you throw away each week? Why does it happen?
- Do you think restaurants and supermarkets waste a lot of food?
- Is food waste a serious problem? Are people worried about it where you live?



ab

+C VOCABULARY. Complete the sentences with the words in the box. Use each word twice.

Avoid Ingredients Stick Stock Strictly Use by

- I make a meal plan for a week and to it.
- I always double-check what food I have to buying too much of the same food.
- I going to a supermarket unless I absolutely need to.
- I usually make a shopping list and to it when I do the shopping.
- I rarely check the date of the products I buy.
- I mostly order takeaway meals, so I don't have a lot of food in
- When I cook, I don't always follow recipes
- I like experimenting in the kitchen and often buy that I use only once.
- If a recipe requires ingredients that I don't have in , I use other ingredients instead.
- I freeze some food to extend its date.
- I love creating new recipes from the left at the end of the week.

L. I don't follow my shopping list as I often buy things that are on sale.

Read the statements about people's lifestyles from the previous exercise again and decide if they contribute to reducing food waste or, on the contrary, increasing it.



SPEAKING:

1. Which three statements from ex. 2 most closely reflect your lifestyle? Why?
2. What do you think of the ways to reduce food waste described in the article?
3. Can you think of any other tips not mentioned in the article?
4. If you decide to reduce your food waste, what first steps might you take?



LISTENING: Bea Johnson – A zero-waste home (8:31)

<https://zerowastehome.com/about/bea/>

1. How does Bea reduce her waste? (list precise examples)
2. What adjectives you would use to describe Bea? Why?
3. What could you refuse – reduce – reuse – recycle – rot?