

Przeczytaj teksty zestr 52 i 53 i zrób na 21.04 zad 2 ze str52
Odpowiedz na zadanie 1 /str52 na ocenę dla chętnych.

1 Read UK TODAY and answer the questions.

- 1 Which facts do you find most shocking?
- 2 Do you think the situation is similar or different in your country?

2 Read texts 1 and 2 and choose the best titles from the list below.

- a Ten ways to recycle chicken
- b Feeding the 5,000
- c Learn to love ugly vegetables
- d Lovely leftovers
- e Save the rainforests

UK TODAY

- UK supermarkets reject 40% of fruit and vegetables because they are 'ugly' – i.e. not a perfect shape.
- One UK sandwich factory throws away four slices of fresh bread – including the two crusts – from every loaf, that's a total of 13,000 slices a day.
- UK homes waste 20% of all the food they buy.

Text 1



CD-2.28 MP3-73



Tristram Stuart is the author of *Waste – uncovering the global food scandal*. In the article below, he describes an event he organised in London. He wanted to bring people's attention to the problem of food waste and show how we can help to feed the world and protect the environment.

Imagine seeing this offer next time you're in a supermarket: 'For every carrot you eat, another one will be wasted'. Sadly, this is not far from the truth.

In a world where there are more than a billion hungry people it's a scandal that all this food is wasted. We are forcing global food prices to go up because we buy more than we need and throw it away. In Africa and Asia, people cannot afford the high food prices and they go without food.

We organised our 'Feeding the 5,000' event in London to highlight this problem. We invited charities, government organisations, chefs, farmers and the general public.

At the event, we served more than 5,000 portions of fresh hot vegetable curry. For drinks we pressed a few thousand fresh apples to make juice. More than three hundred volunteers helped to chop up vegetables and cook the curry.

'Friends of the Earth' brought along four pigs to eat up the leftover apple pulp from the apple pressing. We wanted to show that feeding pigs with our food waste is better than feeding them with soya-based feed. We import millions of tonnes of soya which is grown on land where rainforests used to be.

All the ingredients for the curry and apple juice were donated by UK farmers. The fruit and vegetables were not perfect enough for shops.

'Feeding the 5,000' was a wonderful event. People united under the same message: throwing away perfectly good, edible food is crazy.

Why are we throwing away so much and who is responsible? Supermarkets are blamed for rejecting 'ugly' fruit and vegetables; consumers are blamed for overbuying or refusing to buy 'wonky' vegetables; chefs are blamed for serving large portions and so on.

The truth is that food is wasted in supermarkets, homes, restaurants and on farms. We are all responsible for solving the problem. So it's time to ask ourselves a simple question: how can we continue to waste food in a world where people are hungry and natural resources are disappearing?

The solution to food waste is simple: buy good food, enjoy it and eat everything on your plate instead of throwing it away!

www.myfoodblog.com

It's amazing how many meals you can get from one chicken! Do you and your family sit down to a roast chicken on Sundays? If so, the leftovers can be used to create a delicious curry, a yummy risotto or simply a great filling for sandwiches.

Talking of sandwiches, what do you do with your crusts? I cut them up and fry the pieces in a little olive oil – then chop them up and put them in salads and soups.

Did you know that more potatoes are wasted than any other vegetable? Don't throw them away – mash them or fry them for your next meal, or freeze them for later. In fact, whenever there's some dinner left in the pan, put it in a bag and freeze it.

Don't throw away those black bananas – fry them in brown sugar or mash them up and add cream for a tasty dessert.

Now, I'm sure you've heard this before – don't take more than you can eat, and clean your plate!

EXAM FOCUS Multiple choice

- 3 Read Text 1 and Text 2 again and choose the correct answer A–D.**
- Text 1**
- World food prices are rising because
 - there isn't enough food.
 - we eat too much food.
 - too much food is sent to Africa and Asia.
 - we buy too much food.
 - British farmers helped the 'Feeding the 5,000' event by
 - sending four pigs.
 - giving all the ingredients for free.
 - preparing and cooking the curry.
 - choosing fruit and vegetables with perfect shapes.
 - Tristram Stuart's main message to the consumer is:
 - Stop eating so much food!
 - Give your food waste to animals!
 - Don't buy more than you can eat!
 - Start buying vegetables with unusual shapes!
- Text 2**
- The writer gives advice about
 - how to roast a chicken.
 - what to do with food you don't eat.
 - how to make salads and soups.
 - what types of food you can freeze.
- Text 1 and 2**
- In both texts the writers are concerned about

A food waste.	C very big portions.
B the environment.	D hungry people.

- 5 CD-2.29 MP3-74 Listen to three people talking about their favourite leftovers recipes. Answer the questions:**
- What is the main ingredient in all three?
 - Have you ever made any of these dishes?
 - Which recipe do you like best?

- 6 CD-2.30 MP3-75 Use the words below to complete the instructions for the first recipe in Exercise 5. Then put the instructions in the correct order. Listen and check.**

boil chop mix pour put slice

Bread and Butter Pudding



a Heat some milk in a small saucepan. Don't boil it.



b _____ the slices of bread and butter in a dish with some dried fruit.



c _____ up some ripe bananas and put them in the dish.



d _____ the stale bread and put butter on it.



e _____ 3 eggs and 3 large spoons of sugar with the warm milk.



f _____ the mixture over the bread and fruit and cook in the oven for 45 minutes.

- 7 In pairs, discuss things you could do at home or at school to avoid food waste. Who has the best idea in the class?**

WORD STORE 4F

- 8 CD-2.31 MP3-76 Complete the phrasal verbs in WORD STORE 4F with the words in the box. Then listen, check and repeat. Find and underline examples in Texts 1 and 2. Translate the phrasal verbs.**

Lesson 20-25 .04 2020
Subject: Listening exercises- food

Dzisiaj pracujemy na powyższej str (książka str 53) oraz na poniższej (str 51) przez platformę Discord o godzinie 12.00.

Matching





I can understand people talking about their diets

- In pairs, look at the photos in the leaflet and decide whether they show healthy or unhealthy diets.
- Take the *Healthy Diet Test* and compare your answers with a partner.

The Healthy Diet Test

Remember, the more ticks you get, the healthier you are!

- 1 I don't eat too much salt (e.g. in crisps and fast food).
- 2 I don't eat too much sugar (e.g. in sweets and fizzy drinks).
- 3 I am not a fussy eater.
- 4 I have a balanced diet – I eat a variety of different kinds of fresh food.
- 5 I eat fish at least once a week.
- 6 I don't eat red meat more than three times a week.
- 7 I feel well – I have plenty of energy.
- 8 I look well – my skin and my hair look healthy.

- CD-2.23 MP3-68** Listen to a nutritionist giving advice. Which statement in the *Healthy Diet Test* does she not mention at all?
- The nutritionist says 'A healthy meal is a colourful one'. How many different coloured fruit and vegetables can you think of? In pairs, make a list.

Yellow: banana, lemon, corn, ...
Orange: mango, carrots, ...

EXAM FOCUS Matching

- CD-2.24 MP3-69** Listen to four people talking about their diets. Match statements A–E with speakers 1–4. There is one extra statement.

Speaker 1:
Speaker 2:
Speaker 3:
Speaker 4:

The speaker's diet ...

- A is based on fresh local produce.
- B doesn't involve any cooking.
- C used to include lots of sweet things.
- D is based on Mediterranean produce.
- E changed when he/she was thirteen.

- CD-2.24 MP3-69** Answer the questions. Is it speaker 1, 2, 3 or 4? Listen again and check.

- a Who couldn't become a vegetarian?
- b Who has a lot of energy?
- c Who supports animal rights?
- d Who rarely eats with his/her family?
- e Who doesn't use animal products?
- f Who has tried to give up eating dessert?

- Answer the questions in Exercise 6 about your family and friends. Compare your answers with a partner.

PRONUNCIATION FOCUS

- CD-2.25 MP3-70** Listen and repeat the words. Notice that the green vowels have the same sound in each group.

- | | | |
|-----------|---------|-------------|
| 1 coffee | orange | cauliflower |
| 2 beef | beans | _____ |
| 3 grapes | cakes | _____ |
| 4 banana | avocado | _____ |
| 5 cabbage | spinach | _____ |

- CD-2.26 MP3-71** Add the words in the box to the correct group in Exercise 8. Then listen, check and repeat.

cauliflower lettuce potato
sardines tomato

WORD STORE 4E

- CD-2.27 MP3-72** Complete WORD STORE 4E. In each case, put a tick to show which adjectives collocate with the nouns. Then listen, check and repeat.