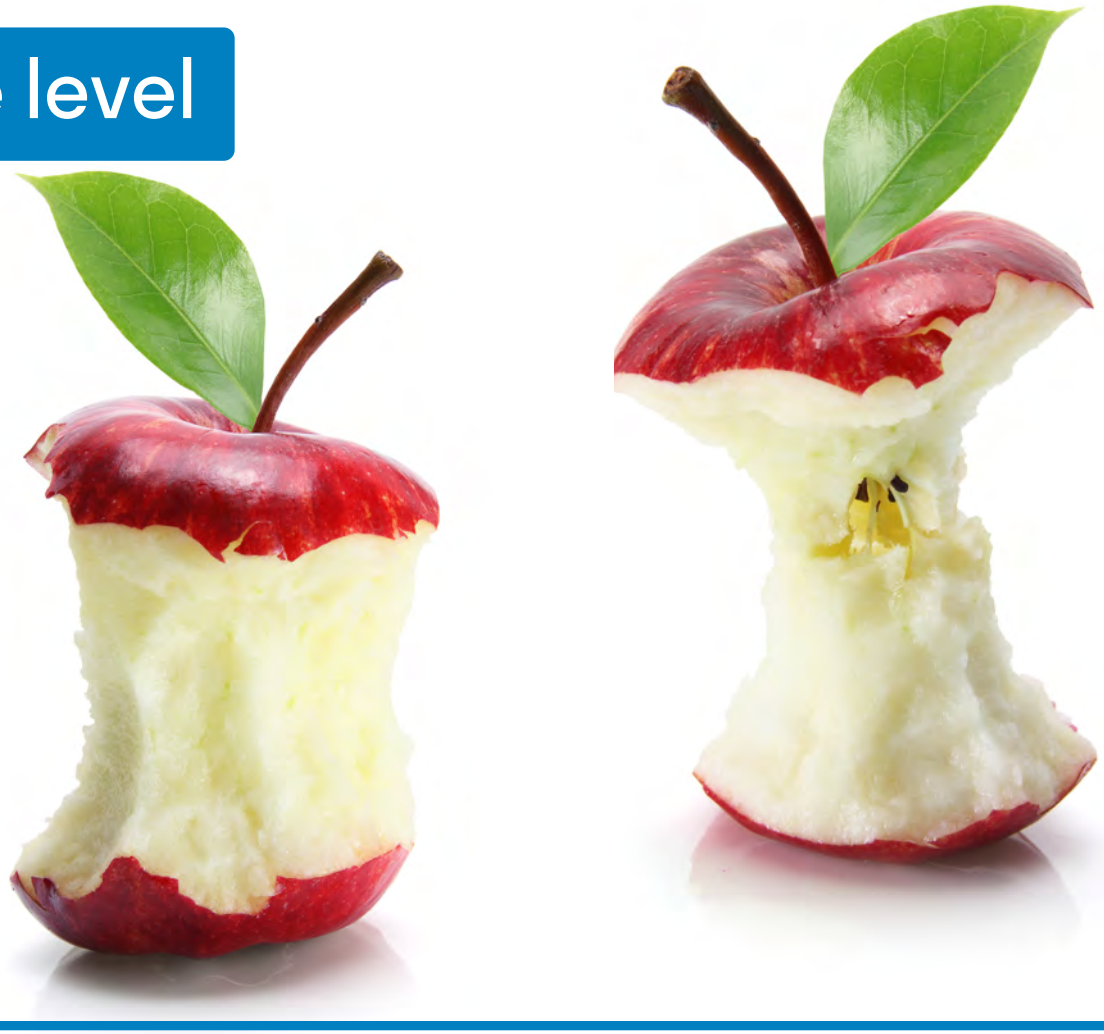
skyteach

Stop Food Waste Day

Upper-Intermediate level



Task 1. Warm-up

Look at the pictures.
What do they represent?

Created by Margarita Avetisyan for Skyteach, 2022©
Photo by Vailery, jchizhe on Envato Elements

Task 2. Lead-in

Look at the pictures and write what these people say.

1. How much do you usually spend on those types of food each week?
2. Which food in the photographs are you most likely to throw away? Why?
3. Reflect on the last three days and recall any time you threw out food. What was the food? How much was thrown out? Why did you throw it out?

Created by Margarita Avetisyan for Skyteach, 2022©
Photos taken from Unsplash.com

Task 3. The life of the food

Read the statement. What do you think it means? Agree or disagree with it and explain your answer.

Wasting food wastes everything.

Watch the video "Life of a strawberry" and then say what it takes to produce and prepare strawberries for sale. What resources are wasted while creating it?

Choose one of these top 5 wasted food:

1. Potatoes
2. Bread
3. Rice
4. Bananas
5. Milk

Describe its each life stage from production to consumption. Finish your speech by suggesting different ways to save the food from going to waste at home.

Created by Margarita Avetisyan for Skyteach, 2022©
Photo by chones on Envato Elements

Task 4. The impact of food waste

How does food waste affect our planet?

Think of some ways that can help to reduce food waste.

Watch the video and check your ideas.

skyteach

Created by Margarita Avetisyan for Skyteach, 2022©
Photo by magone on Envato Elements

Task 5. Too good to go

Watch the video about the Too Good To Go app and say what you think of it.

- *Is there such an app for your country?*
- *If so, have you ever used it?*
- *If no, would you like to have one?*

Watch the video about a couple who tested the app. What do they have for breakfast, lunch and dinner? Put them into the correct column.

Countable	Uncountable

Created by Margarita Avetisyan for Skyteach, 2022©
Photo by lightzone on Envato Elements

Task 6. Discussion

Answer the questions:

1. Do you ever look for ways to utilize leftovers/products which are nearing their expiration date? How?
2. Have you ever taken a risk of preparing a seemingly crazy dish, using only what you had in your fridge? Why? How did it turn out?
3. Do you know any tricks/tips on how to make your food stay fresh longer?
4. Have you ever looked for advice on how to prevent food waste? If so, where and how?
5. Do you do anything to raise the awareness about the issue of food waste? If so, what is it?

skyteach

Created by Margarita Avetisyan for Skyteach, 2022©
Photo by sommai on Envato Elements

Homework: Food saving habits

- Check what food you still have at home and make a shopping list according to it. Buy only what you need.
- Store food properly so it lasts longer and is less likely to be wasted. Check the link to help you with it.
- Cook with food that need to be used first. Get creative and love your leftovers! You can find recipes here.

Over the next week, keep a food waste journal. Share your results with your teacher and discuss the type of foods that you saved, the most wasted foods, and the different ways you came up with to stop food going to waste.

You can use a template of the food waste journal from the next slide.

Created by Margarita Avetisyan for Skyteach, 2022©

Homework: Food waste journal

Day	Food type	Reason	Solution
Mon	sour cream 200g	There were two days left until expiration date	Made cupcakes for a dessert
Tue	banana (1x)	It went brown and squishy as it was left on the table too long	Peeled, cut, and stored in the freezer, ready to use in a breakfast smoothie on Saturday
Wed			
Th			
Fri			
Sat			
Sun			

skyteach

Created by Margarita Avetisyan for Skyteach, 2022©

Keys

Task 1

Leftovers

Task 3

Wasting food wastes everything — it's not just the food that goes to waste.

It's all of the resources that went into creating it: land, water, labour, energy and money. Every time we throw something away, it's literally costing us the earth.

Task 4

1. economic/agricultural/natural resources loss
2. Food producers can invest in better harvest and storage technology to avoid food loss.

Businesses or individuals can avoid purchasing food they will not use and use better methods to store and recycle leftovers and request smaller portions in restaurants.

Excess food can be donated to soup kitchens, food pantries, etc.

Food that might not be appropriate for humans can be fed to livestock.

Food waste is used in the manufacture of biofuels and bioproducts such as building materials.

Created by Margarita Avetisyan for Skyteach, 2022©

Keys

Through decomposition, this process converts organic matter—such as food waste, crop residues, or animal manure—into a dark, spongy material that enhances soil fertility.

If the above interventions are not used, this is where food waste ends up.

Task 5

breakfast: tiny croissants, eggs and beans, some sausages, bacon, different fruit, mozzarella salad

lunch: salad, some apples, two croissants, some dressing

dinner: some sushi, falafel, hummus, beans, broccoli

Countable: croissant, egg, bean, sausage, apple,

Uncountable: bacon, fruit, salad, dressing, sushi, falafel, hummus, broccoli

Created by Margarita Avetisyan for Skyteach, 2022©

Команда Skyteach объединила методистов, опытных преподавателей, профессиональных авторов статей, редакторов и дизайнеров. Вместе мы трудимся над тем, чтобы создавать качественные и доступные материалы для учителей.

Еще больше методики, советов и раздаток для уроков ищите в наших группах в социальных сетях:

Хотите получать дополнительный доход и вести уроки прямо из дома?
Присоединяйтесь к онлайн-школе Skyeng ❤️

Let's Teach English!