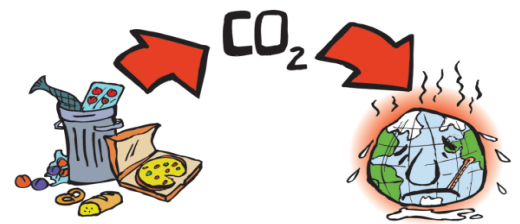


CLASS B' LYCEUM**OXFORD FUTURES 3****UNIT 3****How do we choose our food?****Teacher: Jovanna Xenophonos****PART II: READING AND WRITING****TASK 1: Questions 1-5**

Read the text and questions below. For each question, choose the correct answer A, B, C or D.

The Environmental impact of food waste



Par. 1 The United Nations estimates that one in nine people in the world do not have access to sufficient food to lead a healthy life. More people are reported to die from hunger every day than AIDS, malaria and tuberculosis combined. The distressing contradiction is that at the same time, nearly one-third of the food that is produced in the world is lost or wasted due to one reason or the other. Food wastage, which includes both food loss and food waste, is not only morally irresponsible, but also causes huge economic losses as well as severe damage to the world around us.

Par. 2 More than 50 percent of the waste occurs during the production, yield handling and storage phase and the remaining happens during the processing, distribution and consumption stages. The FAO report has revealed a clear pattern in food waste at the global level. While middle- and higher-income regions showed greater food loss and waste during the consumption level, developing countries were more likely to lose or waste food during the production phase due to a poor road network and lack of proper harvest techniques.

Par. 3 Food waste that ends up in landfills produces a large amount of methane – a more powerful greenhouse gas than even CO₂. Excess amounts of greenhouse gases such as methane, CO₂ and chlorofluorocarbons absorb infrared radiation and heat up the earth's atmosphere, causing global warming and climate change. In reality, wasted food produces six times the amount of greenhouse gas emissions as global aviation. In fact, if global food waste were measured as a country, it would be the world's third worst emitter of greenhouse gases.

Par. 4 As FAO (Food and Agriculture Organization of the United Nations) director Jose Graziano da Silva says, in addition to the environmental imperative to tackle food waste, there is also a moral one. How can we simply let so much food go to waste when

millions of people around the world go hungry every day? To stop food waste, changes have to be brought in at every stage of the process – from farmers and food processors to supermarkets and individual customers. As a first step, priority should be given to balancing production with demand. This essentially translates to lesser use of natural resources to produce food which is not needed.

Par. 5 Although the UN says that food production will have to increase by more than half to meet the demands of the growing population by 2050, the actual increase would be much less if food waste was less. For many people in the world, food waste has become a habit. However, this habit puts extra strain on our natural resources and damages our environment. Always remember that when we waste food, we waste the labour, effort, investment, and natural assets (raw materials) occurring in nature that can be used for economic production or consumption, not to mention the resources that go into transporting and processing it. In short, wasting food increases greenhouse gas emissions and contributes to climate change.

Adapted from: <https://moveforhunger.org/the-environmental-impact-of-food-waste>

1. According to the United Nations, it is a(n) _____ that people should still die of starvation when there is sufficient food to feed all.

- A. painful paradox
- B. unsolved mystery
- C. important revelation
- D. new reality

2. The FAO report has shown that food wastage in developing countries is the result of _____.

- i. cutting edge farming technology
- ii. minimal farming technology
- iii. the behaviour of consumers
- iv. poor infrastructure

- A. i and ii
- B. ii and iii
- C. i and iv
- D. ii and iv

3. Which of the following sentences best reflects the content of paragraph 3?

- A. Three countries globally produce most of the world's greenhouse gas emissions.
- B. Global food waste is a negligible contributor to global warming.
- C. Global food waste is the world's worst emitter of greenhouse gases.
- D. The carbon footprint of global food waste is greater than that of the airline industry.

4. The FAO director believes that the answer lies in_____.

- A. reducing the availability of the natural resources required to produce food
- B. distinguishing between expected food consumption and demand
- C. better planning and producing only as much food as we really need
- D. using natural resources sparingly when producing food

5. According to par. 5, reducing food waste would _____as the world attempts to meet future demand.

- A. ease the burden on natural resources
- B. hinder sustainable production and consumption
- C. mean that the share of food-insecure people remains high
- D. mean fairer global food distribution

TASK 2- Questions 6-10

Read the magazine article about three people (A-C) who give tips for reducing food waste. Then answer questions 6-10.

Become a Food Hero!

Reducing food loss and waste is essential in a world where millions of people go hungry every day. When we reduce waste, we respect that food is not a given for the millions of people who go hungry every day. It's up to us to change our habits to make not wasting food a way of life! Here are three people who blog about some easy actions you can take to re-connect to food and what it stands for.



A. Jemma

Life is fast-paced and preparing nutritious meals can be a challenge, but healthy meals don't have to be elaborate. The internet is full of quick healthy recipes that you can share with your family and friends. Try to eat more plants than meat , buy local and , most importantly, buy in season. Plan your meals. Make a shopping list and stick to it. Do not buy something without having planned it and without thinking carefully about it. Not only will you waste less food, but you'll also save money!

B. Jocelyn

There is an old saying that claims you cannot judge a book by its cover. That certainly extends to food. Oddly shaped or bruised fruits and vegetables are often thrown away because they look ugly. Don't worry - they taste the same! Use mature fruit for smoothies, juices and desserts. Also remember to move older products to the front of

your cupboard or fridge and new ones to the back. Use airtight containers to keep open food fresh in the fridge and ensure packets are closed to stop insects from getting in.

C. Jennifer

There's a big difference between "best before" and "use-by" dates. Sometimes food is still safe to eat after the "best before" date, whereas it's the "use-by" date that tells you when it is no longer safe to eat. Check food labels for unhealthy ingredients such as trans fats and preservatives and avoid foods with added sugar or salt. If you don't eat everything you make, freeze it for later or use it as an ingredient in another meal.

Adapted from: <http://www.fao.org/fao-stories/article/en/c/1309609/>

Who says that we should_____	
6. not discriminate against foods based on their appearance	
7. love our leftovers	
8. adopt a healthier, more sustainable diet	
9. store food wisely	
10.avoid impulse buys	

TASK 3: Questions 11-16

Read the article and answer the following questions.

Michael Pollan- Food Activist

Not many people are so committed to their work that they would purchase a young calf just to learn something. Michael Pollan is. Unwilling to accept the food industry's account of where beef comes from, Michael bought a young cow in Kansas to follow the life cycle of a kernel of corn from the laboratory to the feed bin to the restaurant where the beef is served.



Michael Pollan doesn't gild the pill. He tells the truth even though it might be unpleasant. He warns that industrial farming has grown detached from the ecological cycles of nature, with grave consequences. He illustrates this by tracing the origins of a fast-food meal to the mass production of cheap corn, which is so harmful because it relies on

genetic engineering and massive amounts of chemical pesticides and fertilizers. Industrial corn is fed to cows and other animals on factory farms, which treat animals inhumanely, pollute the environment and contribute to drug-resistant bacteria through overuse of antibiotics. It's a distressing tale, and since the moment I heard him tell it, I have not served corn-fed beef of any kind. I was *Pollanised* — and I am not alone.

Michael is the author numerous books including five of *New York Times* Best Sellers and in 2010 he was named one of the 100 most influential people in the world by *Time Magazine*. In the Oscar-nominated documentary *Food, Inc.* and in his books *Food Rules* and *The Omnivore's Dilemma*, Michael, tells complex stories in an engaging voice. When he speaks live, I've seen thousands grip their seats as they realize what our food system has become and how badly we need to fix it. He engages his audience and has a unique way to change hearts and minds. Perhaps his greatest accomplishment is that he has changed the way Americans think about food.

Michael's rock-star status isn't just about his rigor or brilliance. He thinks about the ethical bonds that connect our bodies, farms, and food. In so doing, he has become an example to the rest of us.

Adapted from <http://content.time.com/time>

11. Why did Michael Pollan buy a cow?

12. Why is industrial corn so dangerous? Give two details.

13. What does the writer mean when he says he was “*Pollanised*”?

14. How many of Michael Pollan’s books sold in large numbers?

15. What does the writer think about Michael Pollan’s speeches? Give two details.

16. What does the article tell us about Michael Pollan's character? Give three (3) details.

TASK 4 Question 17

Passage 4

Read the following article about snacking.

Write a summary about the disadvantages of eating small amounts of food between meals.

Your summary should be about 100 words long (and no more than 120 words long).

You should use your own words as far as possible

Snacking- Good or Bad

A lot of people like to snack mainly because it is convenient, especially if they are in a hurry. Depending on the choice, snacks can be a healthy or harmful addition to our diet. Undoubtedly, healthy snacks like peaches or fruit are a necessary element to our diet as they can provide nutrition. Snacking can also help maintain adequate nutrition if one has a poor appetite and cannot eat full meals because of an illness.

Eating snacks can also provide a boost of energy if several hours pass between meals and blood glucose levels drop. Snacking increases our blood sugar levels when the body is running low on glucose, which provide energy and alleviate mood switches.

Moreover, snacks help curb one's appetite to prevent overeating at the next meal. Research has shown that snacking aids in appetite and weight control by preventing overeating during mealtime.

The downside to snacking comes from overconsumption. Eating too many snacks can add extra calories to your diet which means extra pounds. Eating too many snacks can also lead to constant grazing. The more snacks you eat (especially those rich in simple sugars), the more you crave them. If you start munching, then you might not be able to stop, so incorporating too many snacks into your daily diet is probably not a good thing.

Even worse, eating too much of a bad snack can lead to negative long-term effects on one's health like obesity and high cholesterol. Frequent snacking also increases the risk of tooth decay. When your teeth come in contact with food more often, the bacteria in plaque has more time to produce enamel-damaging acids.

A healthy snack should be one that contains a lot of protein, vitamins, minerals, and fiber but few calories, fats, sugars, and salt. Examples include fresh fruit and veggies,

nuts, yogurt, smoothies , and granola. On the flip side, most snacks are high in fats and calories and have low nutritional value which should be avoided as they do more harm than good. Snack times that come too often or too near to mealtime can also interfere with a person's regular meals.

Although snacks prices vary, making unplanned snack purchases on a regular basis could take a big bite out of your pay. Buying snacks at gas stations and even at department store checkout counters further increases the cost of this eating habit.

Therefore, if you choose to snack, make sure you make healthy choices that benefit your body and remember to eat when your body needs the extra boost as bad snacking can have adverse consequences.

Adapted from: <http://morningsignout.com/the-pros-and-cons-of-snacking/>

TASK 5: Question 18

(15 marks)

You recently visited a place which served weird foods from around the world. Write an email to a friend telling him/her about the experience.

In your email, you should:

- describe what you tried
- explain what was weird about it
- say how the experience made you feel



Your email should be between 150-200 words long.

TASK 6- Question 19

You have seen an advertisement in a health and lifestyle magazine inviting readers to send in articles about eating habits. The article is entitled "We are what we eat".

Your article should be between 150-200 words long.

