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Level 4 – 19th October 2026

One billion meals thrown away every day

FREE online quizzes, mp3 listening and more for this lesson here:

<https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

Contents

The Reading	2
Phrase Matching	3
Listening Gap Fill	4
No Spaces	5
Survey	6
Writing and Speaking	7
Writing	8

Please try Levels 5 and 6. They are (a little) harder.

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THE READING

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

A billion meals are thrown away every day, despite millions of people starving. The UN has reported that households are responsible for 60 per cent of food waste. Restaurants and food services waste 28 per cent and shops waste 12 per cent. The Maldives wastes the most, at around 260 kg per person annually. Food waste accounts for 10 per cent of greenhouse gas emissions. Rotting food in landfills releases dangerous gases like methane.

People, businesses and governments can all reduce food waste. People can plan meals, prepare shopping lists, and purchase only what they need. They can store food correctly, freeze surplus food, and turn leftovers into new dishes. Restaurants and supermarkets can donate surplus food to people in need. The UN said wasted food should be put to better use. Reducing waste would save money, improve food security and help climate change.

Sources: <https://www.unep.org/en/news-and-stories/story/rotting-food-supercharging-climate-crisis-heres-what-do-about>
<https://www.aljazeera.com/news/2026/10/16/which-countries-waste-the-most-food-and-how-to-reduce-waste-at-home>
<https://www.worldwildlife.org/resources/explainers/how-much-food-is-wasted-in-schools-and-what-can-we-do-about-it/>

PHRASE MATCHING

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

PARAGRAPH ONE:

- | | |
|-----------------------------------|----------------------|
| 1. millions of people | a. for 10 per cent |
| 2. households are responsible for | b. like methane |
| 3. shops | c. person annually |
| 4. around 260 kg per | d. starving |
| 5. Food waste accounts | e. waste 12 per cent |
| 6. greenhouse | f. landfills |
| 7. rotting food in | g. 60 per cent |
| 8. release dangerous gases | h. gas emissions |

PARAGRAPH TWO:

- | | |
|-------------------------|----------------------|
| 1. prepare shopping | a. to better use |
| 2. purchase only what | b. into new dishes |
| 3. freeze | c. they need |
| 4. turn leftovers | d. security |
| 5. donate surplus food | e. lists |
| 6. food should be put | f. save money |
| 7. reducing waste would | g. to people in need |
| 8. improve food | h. surplus food |

LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

A billion meals are thrown away every day,

(1) _____ people starving. The UN has reported that households (2) _____ 60 per cent of food waste. Restaurants (3) _____ waste 28 per cent and shops waste 12 per cent. The Maldives wastes the most, at around 260 kg per person annually. Food (4) _____ 10 per cent of greenhouse gas emissions. Rotting food (5) _____ dangerous (6) _____.

People, businesses and governments (7) _____ food waste. People can plan meals, (8) _____, and purchase only what they need. They can store food correctly, freeze surplus food, and (9) _____ new dishes. Restaurants and supermarkets can (10) _____ to people in need. The UN said (11) _____ be put to better use. Reducing waste would save money, improve (12) _____ help climate change.

PUT A SLASH (/) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

A billion meals are thrown away every day, despite millions of people starving. The UN has reported that households are responsible for 60 percent of food waste. Restaurants and food services waste 28 percent and shops waste 12 percent. The Maldives waste the most, at around 260 kg per person annually. Food waste accounts for 10 percent of greenhouse gas emissions. Rotting food in landfills releases dangerous gases like methane. People, businesses and governments can all reduce food waste. People can plan meals, prepare shopping lists, and purchase only what they need. They can store food correctly, freeze surplus food, and turn leftovers into new dishes. Restaurants and supermarkets can donate surplus food to people in need. The UN said wasted food should be put to better use. Reducing waste would save money, improve food security and help climate change.

FOOD WASTE SURVEY

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

Write five GOOD questions about food waste in the table. Do this in pairs. Each student must write the questions on his / her own paper.
When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.

WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student A: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

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WRITE QUESTIONS & ASK YOUR PARTNER(S)

Student B: Do not show these to your speaking partner(s).

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

WRITING

From <https://breakingnewsenglish.com/2610/261019-food-waste-4.html>

Write about **food waste** for 10 minutes. Read and talk about your partner's paper.

[illegible]