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**Level 5 – 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-5.html>

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**Please try Levels 4 and 6. They are (a little) harder.**

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# THE READING

From <https://breakingnewsenglish.com/2610/261019-food-waste-5.html>

Over a billion meals are thrown away every day, despite famines and people starving. The United Nations recently 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 has the highest household food waste per person, at around 260 kilograms annually. Globally, food waste accounts for 8 to 10 per cent of greenhouse gas emissions. As trashed food decomposes in landfills, it releases dangerous greenhouse gases like methane. This accelerates global warming.

People, businesses and governments can take steps to reduce food waste. People should plan meals, prepare shopping lists, and purchase only what they need. They should store food correctly and freeze surplus portions. They should also turn leftovers into new dishes. Restaurants and supermarkets also have a big part to play in reducing food loss. They can donate surplus food to people in need. The UN said: "Every meal rescued, shared or never wasted is food 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-5.html>

## PARAGRAPH ONE:

- |                                |                            |
|--------------------------------|----------------------------|
| 1. despite famines and people  | a. for 60 per cent         |
| 2. The United Nations recently | b. like methane            |
| 3. households are responsible  | c. waste 28 per cent       |
| 4. food services               | d. decomposes in landfills |
| 5. food waste                  | e. reported that           |
| 6. greenhouse gas              | f. starving                |
| 7. trashed food                | g. per person              |
| 8. greenhouse gases            | h. emissions               |

## PARAGRAPH TWO:

- |                               |                       |
|-------------------------------|-----------------------|
| 1. governments can take       | a. lists              |
| 2. People should plan         | b. security           |
| 3. shopping                   | c. meals              |
| 4. purchase only what         | d. into new dishes    |
| 5. They should store food     | e. steps              |
| 6. turn leftovers             | f. reducing food loss |
| 7. have a big part to play in | g. correctly          |
| 8. improve food               | h. they need          |

# LISTEN AND FILL IN THE GAPS

From <https://breakingnewsenglish.com/2610/261019-food-waste-5.html>

Over a billion meals are thrown away every day,  
(1) \_\_\_\_\_ people starving. The United Nations  
recently reported that households (2) \_\_\_\_\_  
60 per cent of food waste. Restaurants  
(3) \_\_\_\_\_ waste 28 per cent and shops waste  
12 per cent. The Maldives has the highest household food  
(4) \_\_\_\_\_, at around 260 kilograms annually.  
Globally, food waste accounts for 8 to 10 per cent of greenhouse  
gas emissions. As (5) \_\_\_\_\_ in landfills, it  
releases dangerous greenhouse gases like methane. This  
(6) \_\_\_\_\_.

People, businesses and governments can take  
(7) \_\_\_\_\_ food waste. People should plan  
meals, prepare shopping lists, and (8) \_\_\_\_\_  
they need. They should store food correctly and freeze surplus  
portions. They should also (9) \_\_\_\_\_ new  
dishes. Restaurants and supermarkets also have a big part to play  
in reducing food loss. They can (10) \_\_\_\_\_ to  
people in need. The UN said: "Every  
(11) \_\_\_\_\_ or never wasted is food put to  
better use." Reducing waste would save money,  
(12) \_\_\_\_\_ and help climate change.

# PUT A SLASH ( / ) WHERE THE SPACES ARE

From <https://breakingnewsenglish.com/2610/261019-food-waste-5.html>

Over a billion meals are thrown away every day, despite famines and people starving. The United Nations recently 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 has the highest household food waste per person, at around 260 kilograms annually. Globally, food waste accounts for 8 to 10 percent of greenhouse gas emissions. A trashed food decomposes in landfills, it releases dangerous greenhouse gases like methane. This accelerates global warming. People, businesses and governments can take steps to reduce food waste. People should plan meals, prepare shopping lists, and purchase only what they need. They should store food correctly and freeze surplus portions. They should also turn leftovers into new dishes. Restaurants and supermarkets also have a big part to play in reducing food loss. They can donate surplus food to people in need. The UN said: "Every meal rescued, shared or never wasted is food 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<br>_____ | STUDENT 2<br>_____ | STUDENT 3<br>_____ |
|------|--------------------|--------------------|--------------------|
| 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) \_\_\_\_\_

*One billion meals thrown away every day – 19th October 2026*  
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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-5.html>

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

[illegible]