

14

Rethinking
expiration datesLevel: 

Let's think!

1. Do you buy near-expired food? Why or why not?
2. How can we help reduce food waste?

PLAYLIST



READ ALONG

11 | June
Saturday

No more food waste

1 Last Sunday, James and I took part in a programme organised by Food Trust as we both felt a compelling need to give back to our community. This charity turns soon-to-expire produce into pleasant meals for people in need.

2 We arrived at the charity's headquarters early in the morning. There was a large group of volunteers mostly made up of teenagers. A staff member named Cathy from the charity explained its history and goals. Food Trust has been established for over 20 years. Its mission is to reduce food waste in Hong Kong and provide free and nutritious food for low-income people. Each week, Food Trust rescues 45 tons of edible surplus food and produces over 20,000 nutritious meals free of charge for housebound people.

3 Cathy explained that food waste makes up more than one-third of the refuse disposed of in landfills in Hong Kong. When it decomposes, food waste releases methane gas. This gas is 25 times more potent than carbon dioxide at trapping heat in the atmosphere. Restaurants regularly throw out unsold food, while supermarkets and stores discard large amounts of items that have passed their use-by dates. In addition, households contribute significantly to the problem of food waste. I thought about the loaf of bread that my mum tossed into the rubbish bin yesterday. It had passed its expiry date only by one day, and I wondered whether it was really necessary to throw it away.

4 After this brief introduction, Cathy gave each of us an apron and briefed us on what we had to do to prepare lunch. We were divided into groups of three or four and were assigned different tasks. My job was peeling potatoes while James was responsible for sorting choy sum. I sat down with a couple of girls who looked a bit older than me, perhaps



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10

15

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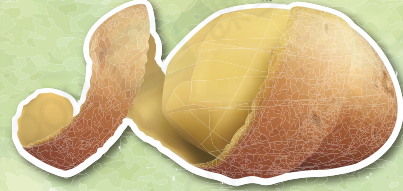
25





MFD JAN 01
EXP JAN 05

30




around 16 to 17 years old. I told them that all my past attempts at even the most basic cooking resulted in absolute failure—from burnt eggs to soggy instant noodles. One of them kindly showed me the right way to hold and use the peeler—the trick was to peel away from myself!

5 When I was done, I looked over what James was up to. He was removing the yellow leaves from the choy sum, which was part of the unsold produce collected from the nearby wet market the day before. After getting rid of the yellow and slightly wilted parts, the choy sum looked perfectly good to eat.

6 Having the ingredients ready, we carried them to the kitchen for professional chefs to give them a second life. Cathy told us that the head chef used to work at a 5-star hotel.

35

 Although the job came with an attractive package, the chef felt burnt out. He eventually quit his job to work at Food Trust because he found that using his skills to help people in need was much more meaningful and fulfilling.

7 We then went to the dining hall to prepare the tables and chairs. By 11:30 am, we finished setting the tables and there was already a long queue outside. When the room was ready, we let the people in and they took their seats. Many of these vulnerable people were the elderly and homeless while some came from the refuge shelters.

40

8 We then served the plates to the famished clients. Instead of having them line up for food, Food Trust served each of them individually at the table because the charity believed that doing so gave them a sense of self-worth. After serving the clients, it was time for us volunteers to sit down and eat. The sheer exhaustion of voluntary work somehow made the food so mouthwatering! I couldn't believe that meals made out of discarded food could be so delectable. I started to see expired food with a new perspective ...

45

~650 words



Looking into Grammar

We use **linking words** to connect ideas. We can use *in addition*, *besides* and *moreover* to provide additional information, and *although*, *though* and *even though* to join contrasting ideas.

✓ *In addition*, (✗ *In addition*) households contribute significantly to the problem of food waste.

✓ *Although* (✗ *Although*,) the job came with an attractive package, the chef felt burnt out.

? Circle the correct linking word below.

We finished that packet of biscuits (in addition / although / but) it had been two days past its expiry date.

Read the text and answer questions 1–14. For multiple-choice questions, choose the best answer and blacken ONE circle only. (33 marks)

1. In the volunteer group of Food Trust, we can see a large number of _____.
- | | | | | | |
|-------------------|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A. working staff | C. low-income people | A | B | C | D |
| B. family members | D. high school students | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

2. Which of the following is NOT a mission of Food Trust?
- A. to help the sick
 B. to feed the poor
 C. to turn waste into surplus food
 D. to save landfill space

2 Housebound (line 12) means 'unable to leave home especially because of illness'.

- | | | | |
|-----------------------|-----------------------|-----------------------|-----------------------|
| A | B | C | D |
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

3. Based on paragraph 3, complete the flow chart by writing ONE word in each blank. Make sure your answers are grammatically correct.

Over 30% of the (i) _____ in Hong Kong comes from (ii) _____ food.



Methane gas is (iii) _____ as food (iv) _____ in landfills.





Heat is (v) _____ in the (vi) _____.

4. Read paragraph 3 and complete the table with ONE word in each blank. Make sure your answers are grammatically correct.

Source of food waste	Type of food waste
restaurants	food that is not (i) _____
(ii) _____ (iii) _____ (iv) _____	food that has (v) _____

5. Find a word in paragraph 3 which means 'having a strong effect'. _____
6. According to paragraphs 2–3, the writer thinks that expired food _____.
- | | | | | | |
|--------------------------|-------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| A. needs to be discarded | C. amounts to 45 tons per day | A | B | C | D |
| B. can still be consumed | D. emits more carbon dioxide | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

7. Number the following activities in paragraphs 4–5 in chronological order. Write 1–4 in the circles provided.

(i)  (ii)  (iii)  (iv) 

8. What was the tip that the older girls shared with the writer in paragraph 4?

9. According to paragraph 5, how did James help with choy sum sorting?

10. The phrase 'a second life' (line 36) means _____.

- A. the soon-to-expire food can be eaten after sorting
 B. the expired food will be sent to a 5-star hotel
 C. the chef gets two job offers
 D. the chef has a fulfilling career

A B C D



11. Read paragraph 6. What made the chef change his job? Put a tick (✓) in the correct box(es).

<input type="checkbox"/> higher pay	<input type="checkbox"/> job satisfaction	<input type="checkbox"/> career advancement
<input type="checkbox"/> less stress	<input type="checkbox"/> better working environment	

12. Look for words in paragraph 8 that mean the same as the following:

- (i) _____ (*adj.*) extremely hungry
 (ii) _____ (*adj.*) having a very good look or smell that makes you want to eat
 (iii) _____ (*adj.*) looking or tasting extremely good, and giving great pleasure
 (iv) _____ (*n.*) the value you give to your life and achievements

13. Decide whether the following statements are True (T), False (F) or Not Given (NG).

	T	F	NG
(i) Food waste makes up the majority of the amount of rubbish in landfills.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) The chef found that working at Food Trust gave his life purpose.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Volunteers of Food Trust shared meals with the clients.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Complete the summary by filling in each blank with ONE word taken from paragraphs 4 and 8.

Since I volunteered at Food Trust, I have viewed out-of-date food from a (i) _____ angle. In the past, I thought that expired food should be (ii) _____. But now, I know that with proper (iii) _____, the food is still good and safe to eat.

14 Figure out how the writer's attitude towards out-of-date food has changed after volunteering at Food Trust.



Vocabulary

GLOSSARY



THEME



A. Complete the article below with the given words. Make sure your answers are grammatically correct.

apron (n.)

client (n.)

decompose (v.)

delectable (adj.)

dispose of (phr. v.)

edible (adj.)

famished (adj.)

household (n.)

produce (n.)

sort (v.)



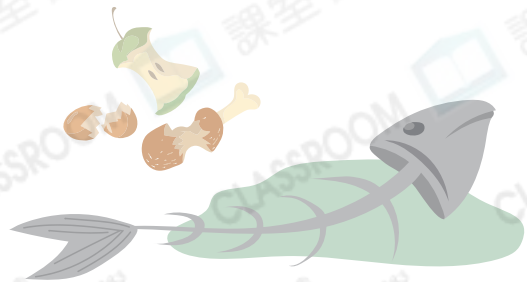
Reducing food waste



According to a recent report by the United Nations, the number of (1) _____ people around the world rose again last year. When we talk about famine, we cannot ignore the problem of food waste.

Every year, people all over the world (2) _____ about 1.3 billion tons of food. In fact, many farms have so much (3) _____ that they (4) _____ a large amount of it into fertilisers. Luckily, some food processing factories negotiate with those farms to purchase their surpluses at low cost. These factories (5) _____ the produce depending on whether it is (6) _____ or not. The produce that is safe to eat is turned into canned vegetables and dried fruit in the factories. Workers at these factories wear gloves, (7) _____ and masks so as to maintain good hygiene. These ready-made fruit and vegetables are (8) _____. They are more convenient for (9) _____ of homeless shelters. They are also more affordable.

Famine has affected many (10) _____. It is commendable that these factories take the initiative to reduce food waste and provide assistance to people in need.





B. Look at the pictures below. Write the correct words in the spaces provided.

Food preservation methods

artificial food additives

dehydration

fermentation

pasteurisation

pickling

smoking

sterilisation

vacuum packing

Industrial



1. _____



2. _____



3. _____



4. _____

Traditional



5. _____



6. _____



7. _____



8. _____

Writing

Take action to save food

What can we do to save food? Write a speech on food waste in about 200 words.