

Writing Task Sample

Unit 13 Greener meat options (p.109)

Making wise dietary choices

Write an article of 180 words to discuss how making wise dietary choices can shape a sustainable environment and reduce carbon footprints.

One of the easiest ways to help our planet, in my opinion, is through not being overly **wasteful**. Millions of tons of food are wasted each year per country— food that was grown and harvested and **accumulated** a further carbon footprint to reach our shelves.

Admittedly, the trip from the shelf to the dining table to the bin is shorter, but **that's no consolation**. Sure, we can try diets that will most likely fail, we can **intermittently fast**, or follow other trends of reduced food intake.

Alternatively, we can aim not to buy food that we don't need in the first place. You can start by making a shopping list and only buying what you really need. Why not eat only when you are hungry, rather than all the times you feel like a little **tummy perk**?

Another good way of not wasting food is by truly consuming all there is to consume. Let's not just eat the tops of broccoli and cauliflower, let's also eat the stems which are just as rich in flavour.

Taking the idea further, we can **conjure up** entire meals from **food scraps**, which is indeed what chefs around the world are doing.

So, in conclusion, the motto *waste not want not* is still **a solid recipe for planetary health**, as well as our own.

~220 words