

Writing Task Sample

Unit 15 A family saved by community fridges (p.121)

Do you have a habit of saving food?

Write an article about ways to save food in about 200 words.

Food waste is a major **contributor** to **climate change** and **global food insecurity**. By reducing food waste and saving food, we can help alleviate the problems and create a more **sustainable** food system. Here are some good ways to save food.

Supermarkets order more food than they can sell; people buy more than they need, usually in response to special offers and promotions. To avoid **hoarding**, plan meals for the week and make a **grocery list** to buy only what you need before grocery shopping.

Next, purchase or order the proper amount of food. **Take away leftovers** when dining out or save leftovers for next meal to avoid wasting food.

What's more, try to reusing food waste **creatively**. For example, clean **vegetable peels** can be used to cook **broth**, and leftover roasted meat can be recooked as **stew**.

Donating **excess food** is a great way to reduce food waste and help those in need. Start by identifying local food banks, charities, or **homeless shelters** that accept food donations. Contact them to find out what types of food they need and how to make a donation. When donating food, make sure that it's still safe and **edible**. It is also a good idea to donate **non-perishable items**, such as canned goods, which can be stored for longer periods of time.

The importance of educating people about food conservation cannot be understated. The public can only develop a habit of **appreciating** food in their daily lives by changing their thinking. Starting today, let's take concrete steps to value food.

~257 words