

- 請注意：中文文字内容只提供簡體版

Vocabulary: waste 词汇: 浪费

How much food do you buy each week? Are you someone who stuffs your fridge and cupboards full of **edible** treats so that you'll always have something to munch on and so that you'll never go hungry? Or maybe, like me, you're more **efficient** with your shopping, only buying what you need and using up your **leftovers** so that you keep food waste to a minimum.

Throwing away unwanted food has become a big issue in the developed world. While some of us **chuck** away unwanted items, people in other parts of world face food shortages and are starving. It's a shocking fact that a third of the world's food is wasted each year. The actual figure is 1.3 billion tons of food, which is enough to feed a billion hungry people.

You may think supermarkets are the main **contributors** to this mountain of food. After all, they do **discard** stuff that's past its **sell-by-date** and they often refuse to sell vegetables or fruit that are the wrong shape or look damaged. They've also been criticised for encouraging customers to buy more than they need through promotions such as '**buy one get one free**'.

But the biggest **culprit** for creating food waste is us. In Europe an incredible 53% of food waste comes from households, which results in 88 million tonnes of food waste a year. So instead of filling our bellies, our food is filling up **landfill** sites – it's buried and left to **rot**. Unfortunately this causes **greenhouse gases** which eventually leads to global warming and climate change.

In Denmark, a woman called Selina Juul has been working hard to tackle this problem. She moved from Russia many years ago and was amazed to see the **abundance** of food available in the supermarkets. But despite so much availability, she found that people were buying more than they needed and throwing too much away.

She convinced some supermarkets to stop selling their items in **bulk** so that people bought only what they needed. She produced a leftovers **cookbook** and she's now set up an education programme in schools. This has helped create a significant 25% reduction in food waste, which shows that something can be done.

Clearly, we need to **think twice** when we put something in our shopping trolley, and when we're at home we should make the most of the food we have – using recipes that use up our leftovers or even sharing our **excess** food with our friends and neighbours.

词汇表

edible	可食用的
efficient	效率高的
leftover	剩饭, 剩菜
chuck	扔
contributor	贡献者
discard	扔掉
sell-by-date	出售截至日期
buy one get one free	买一赠一
culprit	罪魁祸首
landfill	垃圾填埋厂
rot	腐烂
greenhouse gas	温室气体
abundance	大量, 充足
bulk	批量, 大量
cookbook	食谱
think twice	三思而后行
excess	多余的

测验与练习

1. 阅读课文并回答问题。

1. How many hungry people could be fed with the amount of food that is thrown away each year?
2. What happens to the food that is dumped in landfill sites?
3. True or false: A woman called Selina Juul helped reduce food waste by convincing supermarkets to sell her leftovers cookbook.
4. What are supermarket promotions such as 'buy one, get one free' thought to encourage customers to do?
5. Which word in the article means 'ill or dying caused by not having enough to eat'?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Volunteers in London have opened a 'repair cafe' to stop people _____ things away when they could be fixed.

landfilling	excessing	chucking	abundance
-------------	-----------	----------	-----------

2. Members of London's City Hall are looking at ways to prevent millions of plastic bottles being _____ in the River Thames instead of being recycled.

discard	discarded	discarding	discards
---------	-----------	------------	----------

3. A burglar has broken into a family's home and stolen their Christmas presents. The _____ left the Christmas paper after unwrapping and stealing £900 in gifts.

contributor	culprit	leftover	excess
-------------	---------	----------	--------

4. The air pollution is so bad today, you need to _____ about going outside.

thinking twice	think two	think once	think twice
----------------	-----------	------------	-------------

5. The Australian state of Victoria has an _____ of koalas and in some parts there are so many that they're running out of trees.

significant	abundance	edible	abundant
-------------	-----------	--------	----------

答案

1. 阅读课文并回答问题。

1. How many hungry people could be fed with the amount of food that is thrown away each year?

1.3 billion tons of food is thrown away, which is enough to feed a billion hungry people.

2. What happens to the food that is dumped in landfill sites?

It's buried and left to rot.

3. True or false: *A woman called Selina Juul helped reduce food waste by convincing supermarkets to sell her leftovers cookbook.*

False. She convinced some supermarkets to stop selling their items in bulk so that people bought only what they need.

4. What are supermarket promotions such as 'buy one, get one free' thought to encourage customers to do?

These promotions are believed to encourage customers to buy more than they need.

5. Which word in the article means 'ill or dying caused by not having enough to eat'?

Starving.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Volunteers in London have opened a 'repair cafe' to stop people **chucking** things away when they could be fixed.

2. Members of London's City Hall are looking at ways to prevent millions of plastic bottles being **discarded** in the River Thames instead of being recycled.

3. A burglar has broken into a family's home and stolen their Christmas presents. The **culprit** left the Christmas paper after unwrapping and stealing £900 in gifts.

4. The air pollution is so bad today, you need to **think twice** about going outside.

5. The Australian state of Victoria has an **abundance** of koalas and in some parts there are so many that they're running out of trees.