

Key Vocabulary Overview

food waste	food that is thrown away despite still being edible
landfill	a place where rubbish is disposed of and buried
food label	a label on food products to show information about the food
compost	a nutritious substance that helps plants to grow healthily

Food Waste

Food waste is food that is thrown away despite still being edible.

This might happen because we think the food is spoiled when it isn't, we don't feel like eating it any more, we made too much food or for lots of other reasons.



Examples of Food Waste

Here are some common examples of how food is wasted.



cooking too much food
and throwing away
the leftovers



food stored incorrectly
and going off before it
usually would



food still safe to
eat but slightly
past its best



putting too much food
on the plate and not
finishing it all



food that doesn't quite
look perfect but is still
safe to eat



food being spilled or
dropped carelessly

Why Does Food Waste Matter?

It is estimated that 1 in 5 bags of the food shopping we buy is wasted. In England, this adds up to almost 10 million tonnes of **food waste** each year. This is enough to make over 15 billion meals and feed everyone in the country for 11 weeks.

Potatoes are the most commonly wasted food in the UK.



Landfills

Our **food waste** usually ends up in a **landfill** with other rubbish. It is often buried in the ground to rot away.

Although **food waste** usually breaks down quickly, it produces a gas called methane as it rots. This gas builds up in the atmosphere and contributes to global warming.



Reducing Food Waste

We can aim to decrease our food waste in three different ways.

Reduce



We can reduce the amount of food we prepare and cook so less food is wasted.

Reuse



We can reuse leftovers or vegetable peelings to make stock for future meals.

Recycle



We can recycle food waste by turning it into **compost**, helping the plants in our garden.