



## National and Local Produce and Products

### Task: Buying Local Food

#### Activity 1: Listening

Welcome to a practice listening task for the GESE 7.

You are going to hear a talk about **buying local food**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me generally what the speaker is talking about. Are you ready?

#### Audio Script

You must consider that nowadays we have a lot of different options on how to get food than we used to have in the past. That being said, many people have returned to the idea of buying food locally if they can. Where are you getting your food from?

So, many people buy from supermarkets and even though there are a lot of good reasons to do so, like having a big variety and availability, let's look at some of the negative aspects. Firstly, most fresh produce has had to travel many food miles to get to its destination, so often it is not very fresh. This is why it is no surprise when in a day or two you begin to see your fruit and vegetables start to bruise. Also, there is a lot of food available in the supermarket and the truth is that a good majority is not good for your health. This may help increase obesity and being overweight if you are not careful with what you buy. Another thing to consider is that many food products that are sold by the supermarket have flavour enhancers and preservatives, which are not good for a person's health either. Furthermore, it is easy to overbuy in a supermarket, which might potentially create a lot of food waste. This creates a lot of money wasted. Something else to keep in mind is how much time somebody spends shopping in a supermarket. It is often more time than if they just would have bought locally.

Now if we look at buying food locally, and even though it may have a more limited selection than that of a supermarket, there are many positive aspects why to choose to buy locally. Firstly, you ought to realize that food doesn't have to travel so far as food sold in supermarkets. Therefore, it really cuts down on and causes less air pollution. Moreover, this reduces climate change impacts. For example, buying locally will help save fossil fuels and at the same time slow down global warming. Furthermore, since it is bought locally, the probability of being picked recently is highly likely. So, that means that the fruit and vegetables are fresher, tastier and hold more vitamins. Another reason is because when buying nearby the customer usually gets better service than they would have in a supermarket. A final and important thought is that by buying locally you are helping the local economy, such as small grocery shops and nearby farms.

In essence, buying your food locally is helping the environment and your health all at the same time. So, if I were you, I would think about how you can change to buy locally if you haven't done so yet. Do you believe that more people should buy their food locally?



Can you tell me in one or two sentences what the speaker was talking about?

Now listen to the talk again. This time make some notes as you listen, if you want to. Then I'll ask you to tell me about the cons of buying food from the supermarket and the pros from buying food locally.

Now tell me about the cons of buying food from the supermarket and the pros from buying food locally. You have one minute to talk.

This is the end of the listening task.

**Answers:**

Cons of buying from the supermarket	<ul style="list-style-type: none"><li>● travel many food miles / not fresh</li><li>● food available that helps increase obesity and being overweight</li><li>● Flavour enhancers and preservatives: not good for health</li><li>● Food waste: easy to overbuy</li><li>● Spend more time than buying locally</li></ul>
Pros from buying local food	<ul style="list-style-type: none"><li>● cause less air pollution</li><li>● reduce climate change impacts: save fossil fuels, slow down global warming</li><li>● fresher / tastier / more vitamins</li><li>● get better service</li><li>● support the local economy</li></ul>

Marks: +\_ / +10