BE SURE THAT THE LISTENING SECTION IS ADMINISTERED TO EVERY STUDENT.

1 Before the start of the examination period, say:

   Do not open the examination booklet until you are instructed to do so.

2 Distribute an answer sheet to each student. Then distribute one examination booklet, one essay booklet, and scrap paper to each student.

3 After each student has received an examination booklet, an essay booklet, scrap paper, and his or her answer sheet, say:

   A separate answer sheet has been provided for you. Follow the instructions for completing the student information on your answer sheet. You must also fill in the heading on each page of your essay booklet that has a space for it, and write your name at the top of each sheet of scrap paper.

4 After the students have filled in all headings on their essay booklets, say:

   You will listen to a passage and answer some multiple-choice questions. You will hear the passage twice.

   I will read the passage aloud to you once. Listen carefully. You may take notes on page 3 of your examination booklet. Then I will tell you to open your examination booklet to page 4. You will be given a chance to read the questions before the second reading. Then I will read the passage a second time. You may also take notes during the second reading or answer the questions.

   Now I will read the passage aloud to you for the first time. Open your examination booklet to page 3.

5 Note the time you start reading the listening passage. The three-hour examination starts now. Read both the introduction and the passage aloud, including the attribution at the end. Read with appropriate expression, but without added comment.
Two Saturdays after Thanksgiving, I slept in. At around 11 a.m., I padded into the living room with a feeling of quiet contentment. My husband, Peter, had been up for a few hours, during which time he’d read the paper, made coffee, cleaned out the fridge, and taken out the trash.

Our refrigerator had been getting difficult to close, jammed as it was with two-week-old turkey scraps, mashed potatoes, Brussels sprouts, and other Thanksgiving leftovers that nobody had eaten, plus the wilting greens and vegetables that never became salad. There were partially full containers of sour milk, dried-out slabs of poorly wrapped cheese, and three half-full tubs of hummus. Peter had cleared it all out, and I was aghast.

That was my job, I said.

Peter stared back, perplexed.

I mean, my job, I insisted—as in researching the environmental impact of food waste. Unfortunately, I had forgotten to tell him that to write this story, I’d be tallying up our own cast-off food items. I stood at the kitchen window, my forehead pressed against the cold glass, peering down into the airshaft where our apartment building’s garbage cans are stored. At that moment, I may have been the only woman on the planet who was annoyed with her husband for cleaning out the fridge and taking out the trash while she slept.

Peter and I are part of a much larger problem. The U.S. Department of Agriculture (USDA) estimates that Americans waste 30 percent of all edible food produced, bought, and sold in this country, although it acknowledges that this figure is probably low. Recently, two separate groups of scientists, one at the University of Arizona and another at the National Institutes of Health (NIH), published estimates of 40 percent or more. Add up all the losses that occur throughout the food chain, the NIH researchers say, and Americans, on average, waste 1,400 calories a day per person, or about two full meals.

As kids, we were all admonished to finish what’s on our plate for the sake of those starving children in poor, faraway countries. Among environmental issues, however, food waste barely registers as a concern. Yet when we do the math, tallying all the resources required to grow the food that is lost as it journeys from farm to processor to plate and beyond, the consequences of our wastefulness are staggering: 25 percent of all freshwater and 4 percent of all oil consumed in this country are used to produce food that is never eaten. …

Part of the problem is the heterogeneous nature of food waste—there is no single culprit, just many diffuse sources that add up to a slow and steady bleed on the economy and the environment. Supermarkets discard misshapen yet perfectly edible tomatoes, for example, because they don’t look perfect to picky shoppers; convenience stores cook too many hot dogs on snowy days when customers are scarce. Back on the farm, approximately 7 percent of crops are not harvested each year because of extreme weather events, pest infestations, or, more commonly, economic factors that diminish producers’ willingness to bring their products to market: a bumper crop can reduce commodity prices to the point where the costs of harvesting are greater than the value of the crop.

But the biggest players in the food industry—farms, processors, and supermarket chains—are not the largest contributors to food waste. Compared with what we toss out at restaurants and in our own homes, the nation’s supermarkets stack up relatively well. According to USDA statistics, in 1995, some 5.4 billion pounds of food were lost at the retail level, while 91 billion pounds were lost in America’s kitchens, restaurants, and institutional cafeterias. In other words, food-service and consumer loss make up 95 percent of all food waste, which means most of the responsibility falls on those who prepare the food we eat,
whether it's a homemade meal, a dinner at a sit-down restaurant, or the Egg McMuffin we gobble down during the car ride to work. How, exactly, those numbers break down is poorly understood. …

Consumers can do the most good by embracing the good old “Three Rs”: reduce, reuse, recycle. Food recovery programs play an important role by collecting surplus food from supermarkets, dining halls, and restaurants and delivering it to food banks and homeless shelters, where it is badly needed. For apple cores, potato peels, and other inedible food scraps, there's composting—at home and, in a handful of places, on the municipal level. …

At dinner not long ago I confessed my food foibles to my friend Sarah, who in turn lamented the frequency with which she finds herself confronted by a refrigerator laden with wilting greens. “Really,” she said with a laugh. “Who needs that much cilantro?”

—excerpted from “How to Wage War on Food Waste”
OnEarth Magazine, Spring 2010

6 After reading the passage aloud once, say:

You may take five minutes to read the questions on page 4 of your test booklet before I read the passage aloud the second time.

7 After the students have had five minutes to read the questions, say:

As you listen to the second reading, you may take notes or answer the questions. You will be given an opportunity to complete the questions after the second reading. Now I will read the passage aloud a second time.

8 Read both the introduction and the passage a second time.

9 After the second reading, say:

Now turn to page 4 of your test booklet, read the directions and answer the multiple-choice questions. You may look over your notes to answer the questions.