

## Save the planet by slashing food waste

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Every year on April 22, **people** all over the world **observe** World Earth Day to **promote** awareness and act towards protecting our planet.

In 2023, the theme of World Earth Day is 'Invest in Our Planet', **emphasising** the need for urgent action to **address** the environmental challenges that we face today. There is a growing need to **devote** our efforts, finances, and time for addressing climate change and other **ecological** problems.

Food loss and waste have been a major problem for both the developed and the developing world and the **mammoth task** of **mitigating** such losses and waste **has** been on the **agenda** of nations **across the globe**. The ever-growing global population **coupled** with **expanding** demand for food products has **exerted** extreme pressure on the natural resources and also impacting the climate and the food system.

**Curtailing** food loss and waste can help address food insecurity in **underprivileged** communities and mitigate climate change, as such losses and wastes contribute 8-10 per cent of world's **greenhouse gas emissions**, contributing to **severe** weather events and climate change.

**Approximately 17 per cent** of the food generated globally from food service, households, and retail sectors — equivalent to almost one billion tonnes — **is discarded** annually. According to the Food Waste Index Report 2021 by the United Nations Environment Programme, between harvest and retail, around 14 per cent of the world's total food supply is lost.

With a **projected** 68.8 million tonnes of food wasted each year, India **accounts for** 7 per cent of global food waste. The Consumer Affairs, Food, and Public Distribution Ministry reports that on average, an Indian household wastes around 50 kg of food per year, which is **substantially** lower than in many developed countries. Despite this, **one** out of every four **malnourished** individuals across the globe **is** from India.

In India, inadequate storage and **cold chain facilities**, social customs, insufficient consumer awareness, and the availability of bulk packaging and promotional deals are among the primary reasons for food loss. **Given** the circumstances, the government has launched a number of measures in response to the global demand of reducing food loss and waste.

The PM Kisan SAMPADA **Yojana**, launched in 2016, **was** aimed at developing modern **infrastructure** with an effective supply chain network that **spans** from the farm to the retail store. This initiative is expected to benefit the food processing industry, increase farmers' incomes, reduce agricultural waste, improve processing capabilities, and boost exports of processed food products.

### **Eat Right India**

**In addition to** this, ensuring that all residents have access to safe, **wholesome**, and **sustainable** food, the Eat Right India initiative 2018 was launched by the Food Safety and Standards Authority of India (FSSAI) and the central government to **overhaul** the food system.

Also, for supporting the sector's overall development, including reducing **post-harvest** losses and increasing value addition, the Ministry of Food Processing Industries is **entrusted** with developing post-harvest infrastructure and processing facilities.

The Ministry uses **numerous** studies **built on** primary surveys to estimate post-harvest losses in a variety of agricultural commodities. **A recent study** by NABCONS 2022 under the **supervision** of the Ministry **highlighted** that fruits crops experience the highest percentage losses (6.02-15.05 per cent) followed by vegetables (4.87-11.61 per cent) and fisheries (Marine) (8.76 per cent).

**Consequently** food loss and waste have significant economic, social, and environmental impacts and **give rise to** food insecurity, raise food prices, and waste valuable resources like land, water, and energy, the **severity** of the issue **makes** it **imperative** for the government to adopt more policies to **bring down** loss and waste of food products.

**Moreover**, food waste generates methane gas, which is a powerful greenhouse gas responsible for causing climate change. Hence, decreasing food waste and loss is critical for **accomplishing sustainable development goals** and minimising the consequences of climate change.

Some **potential** actions or initiatives that can be taken include educating and raising awareness about food loss and waste among the citizens. Additionally, it is important to invest in the required infrastructure and technology especially at the critical areas of food supply chain where such losses are higher.

Moreover, **it is the high time** that we promoted not only sustainable consumption but also constantly and **rigorously endeavour** to implement measures and steps to reduce food waste. There is need to support the food recovery and **redistribution** initiatives so as to minimise food loss and waste and reduce **carbon footprints** for our planet earth.

### Protecting resources

**To sum up**, World Earth Day 2023 provides a chance for people, corporations, and governments to act towards decreasing food loss and waste. Such acts can improve food security, reduce economic losses, and protect our planet's resources.

Earth and its gifted resources are **public goods** and they are our collective efforts that can help towards achieving a more sustainable and **equitable** world. It is crucial to invest in our planet for **safeguarding** it and to **lay the groundwork for a thriving** future.

Saving food can be one way among many to save planet earth among many others. Let us start from it as it reminds us of our shared responsibility each time we **greet**, eat, and treat. The action starts from us!

### [Practice Exercise]

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.
- **Projected** (adjective) – Forecast, predicted, envisaged, foreseen, estimated अनुमान
- **Redistribution** (noun) – the distribution of something in a different way, typically to achieve greater social equality.

## Vocabulary

1. **Slash** (verb) – Cut, reduce, trim, lessen, कम करना
2. **Promote** (verb) – Encourage, boost, foster, support, बढ़ावा देना
3. **Emphasize** (verb) – Stress, highlight, underscore, accentuate, जोर देना
4. **Address** (verb) – Tackle, handle, confront, deal with, सुलझाना, निपटाना
5. **Devote** (verb) – Dedicate, commit, allot, give, समर्पित करना
6. **Ecological** (adjective) – Environmental, eco-friendly, conservationist, पारिस्थितिक
7. **Mammoth** (adjective) – Huge, enormous, gigantic, colossal, विशाल
8. **Mitigate** (verb) – Alleviate, reduce, lessen, ease, कम करना
9. **Agenda** (noun) – Plan, program, schedule, कार्यसूची
10. **Across the globe** (phrase) – Worldwide, globally, internationally, दुनिया भर में
11. **Couple** (with) (verb) – combine, integrate, mix, incorporate, accompany के साथ होना
12. **Expand** (verb) – Increase, enlarge, grow, extend, बढ़ाना
13. **Exert** (verb) – Apply, put forth, use, exercise, प्रयोग करना, बल लगाना
14. **Curtail** (verb) – Reduce, cut back, decrease, lessen, कम करना
15. **Underprivileged** (adjective) – Disadvantaged, deprived, impoverished, वंचित
16. **Greenhouse gas emission** (noun) – The release of gases, such as carbon dioxide, methane, and nitrous oxide, that trap heat in the Earth's atmosphere and contribute to global warming.
17. **Severe** (adjective) – Intense, extreme, harsh, गंभीर
18. **Discard** (verb) – Dispose of, throw away, get rid of, फेंक देना
19. **Account for** (phrasal verb) – Constitute, represent, comprise, make up, form के लिये उत्तरदायी होना
20. **Substantially** (adverb) – Significantly, considerably, greatly, काफी हद तक
21. **Malnourished** (adjective) – Undernourished, poorly fed, कुपोषित
22. **Cold chain facility** (noun) – A temperature-controlled supply chain used to maintain the quality and safety of perishable goods, such as food and pharmaceuticals, from production to consumption.

23. **Given** (preposition) – Considering, taking into account, देखते हुए
24. **Infrastructure** (noun) – Facilities, systems, structures, संरचना
25. **Span** (verb) – Extend, cover, stretch across, फैलाना
26. **In Addition to** (phrase) – Additionally, Furthermore, Moreover, Besides, Furthermore इसके अलावा
27. **Wholesome** (adjective) – Nutritious, Healthy, Pure, Natural, अनेक गुणों से युक्त
28. **Sustainable** (adjective) – Eco-friendly, Renewable, Green, Environmentally-friendly, टिकाऊ
29. **Overhaul** (verb) – Revamp, Reconstruct, Renovate, Refurbish, नए रूप में बदलना
30. **Post-harvest** (adjective) – After-harvest, Harvested, फसल के कटाई के बाद का
31. **Entrust** (with) (verb) – Assign, Delegate, Commission, Charge, काम सौंपना
32. **Numerous** (adjective) – Many, Several, Abundant, Copious, अनेक
33. **Build on** (phrasal verb) – Develop, Expand, Improve, Enhance, विकसित करना
34. **Supervision** (noun) – Oversight, Management, Direction, Control, निरीक्षण
35. **Highlight** (verb) – Emphasize, Accentuate, Spotlight, Showcase, प्रमुखता से दिखाना
36. **Consequently** (adverb) – As a result, Therefore, Thus, Hence, नतीजतन/ फलस्वरूप
37. **Give rise to** (phrase) – Cause, Trigger, Generate, Produce, उत्पन्न करना
38. **Severity** (noun) – Harshness, Intensity, Seriousness, Acuteness, गंभीरता
39. **Imperative** (noun) – Necessity, Obligation, Essential, Crucial, आत्यावश्यक
40. **Bring down** (phrasal verb) – Decrease, Reduce, Lower, Diminish, कम करना
41. **Moreover** (adverb) – Additionally, Furthermore, Besides, Furthermore, इसके अलावा
42. **Accomplish** (verb) – Achieve, Attain, Fulfill, Complete, पूरा करना
43. **Sustainable development goal** (SDG) (noun) – A set of 17 global goals established by the United Nations in 2015 to be achieved by 2030, aimed at ending poverty, protecting the planet, and promoting prosperity for all.
44. **Potential** (adjective) – Possible, Probable, Promising, Prospective, संभव
45. **It is high time** (phrase) – It's about time, It's time, यही सही मौका है

46. **Rigorously** (adverb) – Thoroughly, Strictly, Vigorously, Carefully, सख्ती से
47. **Endeavour** (noun) – Effort, Attempt, Strive, Undertaking, प्रयास
48. **Carbon footprint** (noun) – The total amount of greenhouse gases, mainly carbon dioxide, that are emitted by an individual, organization, or product over a specific period of time, typically measured in tons of carbon dioxide equivalent.
49. **To sum up** (phrase) – In conclusion, To conclude, Ultimately, All in all, संपेक्षतः
50. **Public goods** (noun) – communal property, shared resources, social property, सार्वजनिक संपत्ति
51. **Equitable** (adjective) – fair, just, unbiased, impartial, निष्पक्ष
52. **Safeguard** (verb) – protect, secure, defend, preserve, रक्षा करना
53. **Lay the groundwork for** (phrasal verb) – establish, prepare, set the stage for, इसके लिए आधार तैयार करना
54. **Thriving** (adjective) – flourishing, prosperous, successful, फलता-फूलता
55. **Greet** (verb) – welcome, salute, acknowledge, अभिवादन करना

## Summary of the Editorial

1. World Earth Day is observed on April 22 every year to raise awareness and promote action for environmental protection.
2. The 2023 theme is 'Invest in Our Planet', emphasizing the need for urgent action to address environmental challenges.
3. Food loss and waste are major global issues, contributing to climate change and affecting underprivileged communities.
4. About 17% of food generated globally is discarded annually, contributing 8-10% of global greenhouse gas emissions.
5. According to the Food Waste Index Report 2021, around 14% of the world's food supply is lost between harvest and retail.
6. India accounts for 7% of global food waste, wasting around 68.8 million tonnes annually.
7. Inadequate infrastructure, social customs, and lack of consumer awareness contribute to food loss in India.
8. The Indian government has launched initiatives like PM Kisan SAMPADA Yojana and Eat Right India to reduce food loss and waste.
9. The Ministry of Food Processing Industries is responsible for developing post-harvest infrastructure and processing facilities.
10. A NABCONS 2022 study shows fruit crops experience the highest percentage losses, followed by vegetables and marine fisheries.
11. Food loss and waste have significant economic, social, and environmental impacts, and contribute to climate change.
12. Education and awareness, infrastructure investments, and technological advancements are key to reducing food loss and waste.
13. Supporting food recovery and redistribution initiatives can minimize food loss and reduce carbon footprints.
14. World Earth Day 2023 encourages individuals, corporations, and governments to act towards reducing food loss and waste.
15. Saving food is one way to protect the planet and contribute to a more sustainable and equitable world.

### SSC Based - Practice Exercise

1. Which of the following best describes the impact of reducing food loss and waste on the environment and underprivileged communities?
  - A. Decreased greenhouse gas emissions and increased food insecurity
  - B. Increased greenhouse gas emissions and increased food insecurity
  - C. Decreased greenhouse gas emissions and decreased food insecurity
  - D. Increased greenhouse gas emissions and decreased food insecurity
2. What is one of the primary reasons for reducing food waste, according to the passage?
  - A. To promote the food processing industry
  - B. To reduce methane gas production and mitigate climate change
  - C. To improve the efficiency of the food supply chain
  - D. To save water resources for irrigation purposes
3. Which of the following statements is **INCORRECT** about food loss and waste?
  - A. Food losses and wastes contribute 8-10 per cent of the world's greenhouse gas emissions.
  - B. One out of every four malnourished individuals across the globe is from India.
  - C. The PM Kisan SAMPADA Yojana was launched in 2023 to reduce food loss and waste.
  - D. In India, inadequate storage and cold chain facilities are among the primary reasons for food loss.
4. What is the tone of the passage?
  - A. Critical
  - B. Informative
  - C. Pessimistic
  - D. Optimistic
5. What is the main theme of the passage?
  - A. The importance of World Earth Day
  - B. The consequences of climate change
  - C. The need to reduce food waste to protect the planet
  - D. The government's efforts to improve the food processing industry
6. What is a synonym for "**curtailing**" in the context of the passage?
  - A. Expanding
  - B. Reducing
  - C. Ignoring
  - D. Promoting
7. Which of the following words is an antonym of "**mitigate**" as used in the passage?
  - A. Intensify
  - B. Alleviate
  - C. Lessen
  - D. Diminish
8. What is a synonym for "**inadequate**" as mentioned in the passage?
  - A. Sufficient
  - B. Unsuitable

- C. Insufficient  
D. Suitable
9. Which of the following words is an antonym for "overhaul" as used in the passage?  
A. Maintain  
B. Upgrade  
C. Revamp  
D. Renovate
10. Which of the following idiomatic expressions best captures the essence of the 'Invest in Our Planet' theme for World Earth Day 2023 as discussed in the editorial?  
A. A stitch in time saves nine  
B. An apple a day keeps the doctor away  
C. Out of sight, out of mind  
D. Don't put all your eggs in one basket

### Comprehension

At a \_\_\_\_\_1\_\_\_\_\_ virtual meeting of the Quadrilateral Security Dialogue or Quad, comprising India, the U.S., Australia and Japan, leaders discussed the crisis of Russia's invasion of Ukraine along with more traditional topics of interest for the Dialogue, including territorial and maritime security across the Indo-Pacific. In the joint statement, issued after the summit, the four nations reaffirmed their commitment to a free and open Indo-Pacific, "in which the sovereignty and territorial integrity of all states is respected and countries are free from military, economic, and political coercion". The latest Quad meeting was in part likely motivated by the concern of the U.S., Australia, and Japan that India, in not \_\_\_\_\_2\_\_\_\_\_ condemning Russian President Vladimir Putin's decision to launch a ground offensive across the Russia-Ukraine border and to bomb Ukrainian infrastructure, might not be on the same page as the other Quad members vis-à-vis this conflict. They have not only condemned Russia's aggression but have also \_\_\_\_\_3\_\_\_\_\_ Kremlin elites and organisations linked to them with crippling sanctions. India, contrarily, has abstained from three UN resolutions condemning Russia. There is also a \_\_\_\_\_4\_\_\_\_\_ difference on the Russia-Ukraine issue in terms of the individual readouts of the Quad members. While the U.S., Australia and Japan directly called \_\_\_\_\_5\_\_\_\_\_ Russia's attempt to unilaterally force changes to the status quo in Ukraine and vowed not to let such action occur anywhere in the Indo-Pacific, India's readout only referenced Ukraine in passing, in the context of establishing a new humanitarian assistance and disaster relief mechanism for this cause.

Fill in the blanks with the most appropriate combinations of words

11. Select the most appropriate option to fill in blank 1.  
A. Snap  
B. Paradigm  
C. Unviable  
D. Arena
12. Select the most appropriate option to fill in blank 2.  
A. Ally  
B. Insecurity



- C. Explicitly
- D. Tragedy

13. Select the most appropriate option to fill in blank 3.

- A. Slapped
- B. Dip
- C. Reap
- D. Settled

14. Select the most appropriate option to fill in blank 4.

- A. Predictable
- B. Hobble
- C. Considerable
- D. Scramble

15. Select the most appropriate option to fill in blank 5.

- A. Out
- B. In
- C. Off
- D. Against

**Directions (Q16– Q20): Arrange the following sentences to form a coherent paragraph.**

16.

- P. It does sound lovely, except for one thing.
- Q. As a writer, people often tell me, 'You should go to the hills and write.'
- R. There is this romanticised notion of writing out of cozy cottages in pretty hill stations.
- S. There are no pretty hill stations in India anymore.

A.RSPQ                      B.QRPS                      C.RSQP                      D.PRQS

17.

- P. the political capital of the country has long been known for various forms of monkey business
- Q. Thanks to its seemingly endless series of scams and scandals, its horse-trading and other shenanigans,
- R. commerce has been given a new and literal twist
- S. Now, however, what might be called simian

A.RSPQ                      B.QPSR                      C.QSRP                      D.SPRQ

18.

- P. However, it recently made news for being one of the most chaotic airports in the country.
- Q. Social media was flooded with pictures of the turmoil that awaited you at every step.
- R. It has also won best airport in Central/South Asia and the best airport in India by Skytrax multiple times.
- S. In 2015, Delhi airport was ranked world's best airport by Airports Council International in the 25-40 million passengers per annum category.

A.SRPQ                      B.QRSP                      C.SRQP                      D.SPRQ

19.

- P. The US S&P 500 Index and Nasdaq are also in the red, down 16% and 28% respectively.

- Q.** As the year 2022 ends, here is an interesting statistic.  
**R.** At the time of writing this, the MSCI All-country stock market index is down 17% for the year.  
**S.** Global stock indices are down almost all over the world.  
A.QRSP                      B.QPSR                      C.QSRP                      D.PQSR

**20.**

- P.** Do not go beyond the call of duty.  
**Q.** Quiet Quitting (QQ) is a term that has captured a lot of working people's imagination lately.  
**R.** Putting in the least amount of effort required.  
**S.** It means doing the bare minimum at your job.  
A.QRSP                      B.QSRP                      C.PSQR                      D.PRQS

**Answers**

1. C 2.B 3.C 4. B 5. C 6. B 7. A 8.C 9.A 10.A 11.A

12. C 13.A 14.C 15.A 16.B 17.B 18.A 19.C 20.B

[\[Practice Exercise\]](#)**Explanations****1. Answer: C) Decreased greenhouse gas emissions and decreased food insecurity**

Explanation: Curtailing food loss and waste can help address food insecurity in underprivileged communities and mitigate climate change. Food losses and wastes contribute 8-10 per cent of the world's greenhouse gas emissions, which contribute to severe weather events and climate change. By reducing food loss and waste, we can decrease both greenhouse gas emissions and food insecurity.

**2. Answer: B) To reduce methane gas production and mitigate climate change**

Explanation: The passage mentions that food waste generates methane gas, which is a powerful greenhouse gas responsible for causing climate change. By reducing food waste, we can decrease the production of methane gas and minimize the consequences of climate change. This highlights the importance of reducing food waste for the environment.

**3. Explanation: The correct answer is C)**

The PM Kisan SAMPADA Yojana was launched in 2023 to reduce food loss and waste. The passage states that the PM Kisan SAMPADA Yojana was launched in 2016, not in 2023. This program was aimed at developing modern infrastructure and an effective supply chain network that spans from the farm to the retail store. The other statements (a, b, and d) are all correct based on the information provided in the passage.

**4. Answer: B. Informative**

Explanation: The tone of the passage is informative because it presents various facts, figures, and initiatives about food loss, waste, and its impact on the environment. It also discusses the government's measures and potential actions that can be taken to address the issue.

**5. Answer: C. The need to reduce food waste to protect the planet**

Explanation: The passage mainly emphasizes the need to reduce food waste and loss as it contributes to greenhouse gas emissions and has significant economic, social, and environmental impacts. It also discusses how addressing this issue can help achieve sustainable development goals and protect the planet.

**6. Answer: B) Reducing**

**Curtail** (verb) – reduce, cut, cut down, cut back, decrease, lessen, diminish कम करना

Explanation: In the context of the passage, "curtailing food loss and waste" means to cut down or reduce the amount of food that is lost or wasted.

**7. Answer: A) Intensify**

**Mitigate** (verb) – alleviate, reduce, ease, lessen, relieve कम करना

Explanation: "Mitigate" in the passage refers to reducing the negative effects of food loss and waste. The antonym "intensify" means to make these negative effects more severe.

**8. Answer: C) Insufficient**

**Inadequate** (adjective) – insufficient, not enough, deficient अपर्याप्त

Explanation: In the passage, "inadequate storage and cold chain facilities" refers to a lack of proper storage and cold chain facilities. The synonym "insufficient" also means not enough or lacking in some way.

**9. Answer: A) Maintain**

**Overhaul** (verb) – recondition, maintain, fix, refurbish, repair, revamp सुधार

Explanation: In the passage, the Eat Right India initiative was launched to "overhaul the food system," meaning to completely change or improve it. The antonym "maintain" means to keep something in its current state or condition.

**10. Correct Answer: A) A stitch in time saves nine**

Explanation: **A stitch in time saves nine** (phrase) – means that addressing a problem early on can prevent it from escalating and becoming much more challenging to fix later. (किसी समस्या के छोटे होने पर उसका समाधान कर लेना, प्रतीक्षा करने और उसे बड़ी समस्या बनने देने से बेहतर है)

In the context of the editorial, investing in the planet now by taking measures to reduce food waste and loss, promoting sustainable consumption, and supporting food recovery and redistribution initiatives can help mitigate climate change, improve food security, and reduce economic losses.

**11. Snap** (adjective) – Sudden, instant, quick, spontaneous आकस्मिक

- **Paradigm** (noun) – Model, pattern, standard
- **Unviable** (adjective) – Impracticable, useless, unrealistic, unfeasible, unpractical अव्यवहार्य
- **Arena** (noun) – area, scene, sphere, realm, province, domain, sector, forum, territory, अखाड़ा

**12. Explicitly** (adverb) – Openly, clearly, overtly, plainly, unambiguously स्पष्ट रूप से

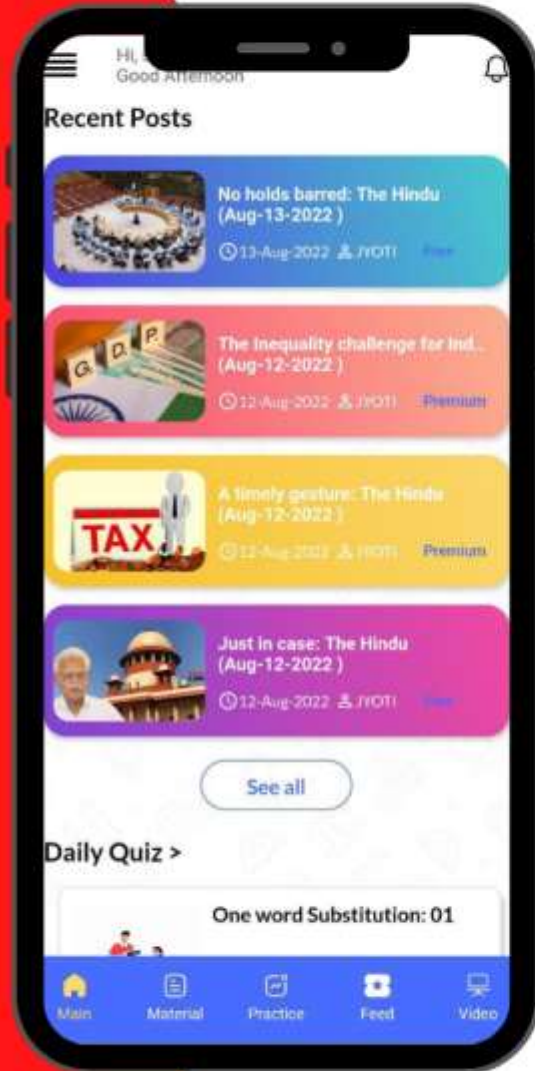
- **Ally** (noun) – partner, collaborator, supporter, confederate सहयोगी
- **Insecurity** (noun) – uncertainty, instability, vulnerability, anxiety असुरक्षा
- **Tragedy** (noun) – Calamity, disaster, catastrophe, misfortune त्रासदी

**13. Slap** (verb) – impose, levy, put on, add थोपना

- **Dip** (verb) – decline, decrease, reduce, diminish कमी आना
- **Reap** (verb) – Harvest, gather, obtain, collect पाना, प्राप्त करना
- **Settle** (verb) – stabilize, level out, become stable, reach a steady state स्थायी होना

**14. Considerable** (adjective) – Substantial, significant, large, extensive काफी

- **Predictable** (adjective) – Foreseeable, expected, anticipated, unsurprising, obvious  
अनुमानित
  - **Hobble** (verb) – Impede, hamper, hinder, handicap बाधा डालना, लड़खड़ाना
  - **Scramble** (verb) – to move or climb quickly but with difficulty, often using your hands to help you संघर्ष करना
15. **Call out** (phrasal verb) – Criticize someone about something
16. **QRPS**  
As a writer, people often tell me, 'You should go to the hills and write.' There is this romanticised notion of writing out of cozy cottages in pretty hill stations. It does sound lovely, except for one thing. There are no pretty hill stations in India anymore
17. **QPSR**  
Thanks to its seemingly endless series of scams and scandals, its horse-trading and other shenanigans, the political capital of the country has long been known for various forms of monkey business. Now, however, what might be called simian commerce has been given a new and literal twist.
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In 2015, Delhi airport was ranked world's best airport by Airports Council International in the 25-40 million passengers per annum category. It has also won best airport in Central/South Asia and the best airport in India by Skytrax multiple times. However, it recently made news for being one of the most chaotic airports in the country. Social media was flooded with pictures of the turmoil that awaited you at every step.
19. **QSRP**  
As the year 2022 ends, here is an interesting statistic. Global stock indices are down almost all over the world. At the time of writing this, the MSCI All-country stock market index is down 17% for the year. The US S&P 500 Index and Nasdaq are also in the red, down 16% and 28% respectively.
20. **QSRP**  
Quiet Quitting (QQ) is a term that has captured a lot of working people's imagination lately. It means doing the bare minimum at your job. Putting in the least amount of effort required. Do not go beyond the call of duty.



# Learn Vocabulary Through Reading Articles

English Madhyam

