The Economy Of Plenty

C1 Advanced · Food · about 2 min of audio

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Name _____ Date _____

Part 1 — Fill the gaps while you listen

1. Bulk buying is often praised as thrift, although its hidden cost is the _____ to consume before appetite changes.
2. A family may save _____ on a large jar of sauce, then design three dinners around it.
3. The cupboard gradually becomes an archive of _____ intentions, with lentils, spices, and specialty flour waiting for imaginary weekends.
4. What looked _____ at the checkout can become expensive when stale ingredients dictate otherwise balanced meals.
5. Even freshness has a _____ price, because abundance encourages generous portions and makes restraint feel oddly wasteful.
6. A smaller packet, bought _____, can preserve both flavor and freedom, especially when household schedules change without warning.
7. This is why a nearly empty shelf may reflect judgment rather than _____.
8. In a shared kitchen, modest supplies also reduce the quiet _____ caused by one person's ambitious purchase.
9. The real economy lies not in _____ more food, but in keeping fewer plans hostage to it.
10. Thrift, properly _____, is less about the lowest price than about retaining the right to change one's mind.

Part 2 — Write every sentence you hear

1. _____

2. _____

3.

4.

5.

6.

7.

8.

9.

10.

Answer key

Part 1 — the missing words

1. obligation 2. pennies 3. optimistic 4. inexpensive 5. psychological 6. deliberately 7. deprivation 8. negotiations 9. acquiring 10. understood

Part 2 — the full transcript

1. Bulk buying is often praised as thrift, although its hidden cost is the obligation to consume before appetite changes.
2. A family may save pennies on a large jar of sauce, then design three dinners around it.
3. The cupboard gradually becomes an archive of optimistic intentions, with lentils, spices, and specialty flour waiting for imaginary weekends.
4. What looked inexpensive at the checkout can become expensive when stale ingredients dictate otherwise balanced meals.
5. Even freshness has a psychological price, because abundance encourages generous portions and makes restraint feel oddly wasteful.
6. A smaller packet, bought deliberately, can preserve both flavor and freedom, especially when household schedules change without warning.
7. This is why a nearly empty shelf may reflect judgment rather than deprivation.
8. In a shared kitchen, modest supplies also reduce the quiet negotiations caused by one person's ambitious purchase.
9. The real economy lies not in acquiring more food, but in keeping fewer plans hostage to it.
10. Thrift, properly understood, is less about the lowest price than about retaining the right to change one's mind.

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