

1. 1. As you read, write in your notebook the healthy habits you find.

Health and Environment



Today, people live in a **globalized** consumer society. This is a world where we buy, use, and consume a huge variety of products. It must have been very difficult to live 30 years ago without fast food or **electronic devices** that make our lives more comfortable and easier. However, the result of all this is an enormous **damage** to our health and to the environment. This essay will discuss ways in which individuals can take care of their own health while protecting natural resources.

First of all, people who grow their own vegetables in their garden or in **window boxes**, protect the soil from pesticides. They can enjoy tasty and fresh vegetables that are free from damaging chemicals. Secondly, eating fruits and vegetables on a regular basis is healthier than eating fatty foods. Besides, cooking veggies saves a lot more energy because it uses less gas than cooking fats. People who cut up their veggies into small pieces can reduce the cooking time and save cooking water, too.

The third point is related to physical activity. For short journeys, people who walk, use a bike, or even encourage their kids to use a skateboard or rollerblades, can improve their health while they protect the environment from the pollution caused by the toxic fumes from cars.

In summary, there are healthy habits that people can include in their daily lifestyles. Even if people might have not thought about these possibilities, I think there are many actions we can take to make a difference and to protect our health and that of our planet Earth.

2. Read the essay below and find the words in bold face which have these meanings.

- a. _____ harm.
- b.: _____ a long narrow container for growing plants put on a window ledge.
- c.: _____ machines or appliances that use electricity.
- d.: _____ that has an influence on the whole world.