

# CONSUMPTION AND CONSUMERISM. RESPONSIBLE CONSUMPTION STRATEGIES

## QUIZ

Choose the right answer:

1. What is consumerism?
  - a) A theory in economics promoting the idea of limited consumption
  - b) A social and economic order that encourages the acquisition of goods and services in ever-increasing amounts
  - c) A movement advocating for sustainable consumption practices
2. Which of the following is NOT a factor contributing to consumerism?
  - a) Advertising and marketing
  - b) Social media influence
  - c) Government regulations promoting sustainable consumption
  - d) Peer pressure
3. Consumerism is solely about the act of buying goods and services.
  - a) True
  - b) False
4. What is the term for the practice of buying goods or services as a way to express social status or identity?
  - a) Conspicuous consumption
  - b) Sustainable consumption
  - c) Frugal consumption
5. Which of the following is a potential consequence of excessive consumerism?
  - a) Environmental degradation
  - b) Economic inequality
  - c) Psychological stress
  - d) All of the above
6. What is responsible consumption?
  - a) Buying products in bulk
  - b) Purchasing only luxury items
  - c) Making purchasing decisions that consider the environmental, social, and ethical impacts
7. Which of the following is an example of responsible consumption?
  - a) Buying products with excessive packaging
  - b) Purchasing products made with unsustainable materials
  - c) Choosing products with minimal packaging and made from sustainable materials
8. True or False: Responsible consumption only focuses on environmental impacts.
  - a) True
  - b) False
9. What is the "reduce" strategy in responsible consumption?
  - a) Buying more products than needed
  - b) Minimizing waste by buying only what is necessary
  - c) Purchasing products with excessive packaging
10. Which of the following is NOT a way to practice responsible consumption?
  - a) Repairing broken items instead of immediately replacing them
  - b) Buying products from companies with unethical labor practices
  - c) Choosing products that are durable and have a longer lifespan
11. What is the purpose of the "reuse" strategy in responsible consumption?
  - a) Recycling products after use
  - b) Buying new products regularly
  - c) Extending the lifespan of products by using them multiple times
12. Which of the following is an example of responsible consumption in the food industry?
  - a) Throwing away excess food without attempting to use it
  - b) Purchasing locally grown and organic produce
  - c) Buying single-use plastic containers for food storage
13. True or False: Responsible consumption encourages impulse buying and overconsumption.
  - a) True
  - b) False
14. What is the "recycle" strategy in responsible consumption?
  - a) Repurposing old items for new uses
  - b) Disposing of products in landfills
  - c) Sending products to recycling facilities to be turned into new materials
15. How does responsible consumption contribute to sustainable development?
  - a) By increasing waste production
  - b) By conserving resources and reducing environmental impact
  - c) By promoting overconsumption and excessive spending