

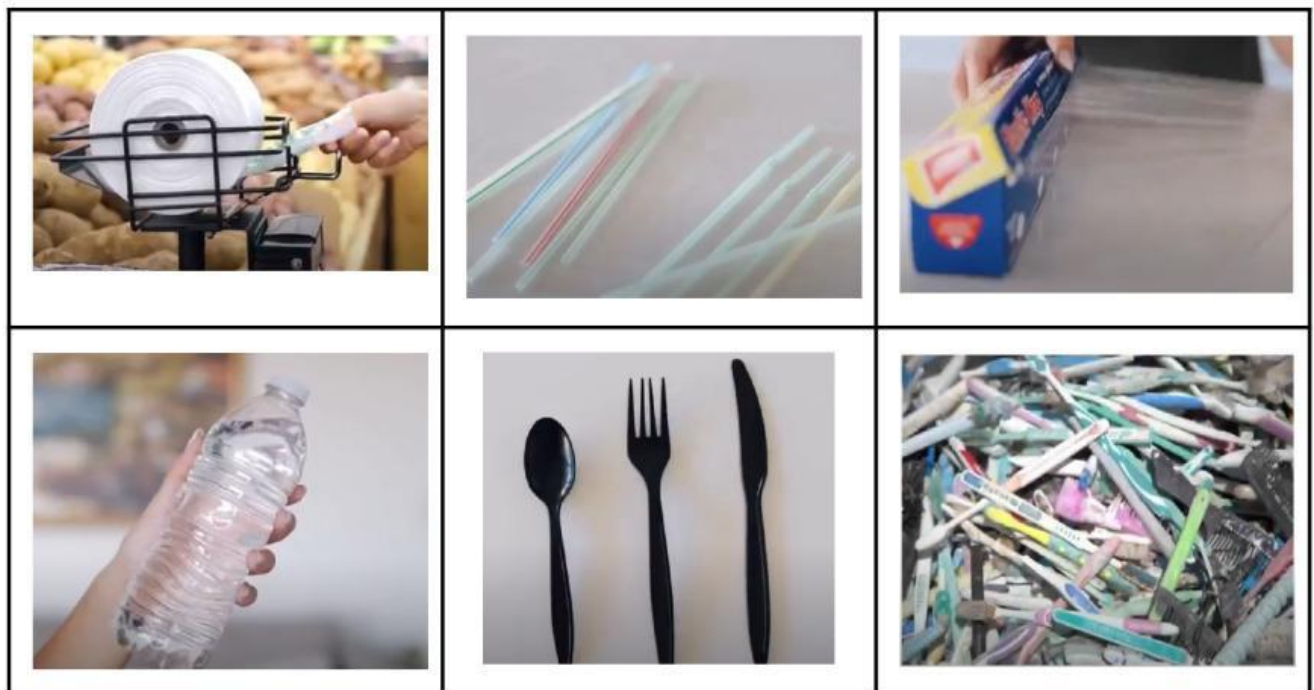
Task 1. Watch the video “Zero waste for beginners” and answer the questions.

1. What is the principle of 5 Rs?



R	_____	-	_____
R	_____	-	_____
R	_____	-	_____
R	_____	-	_____
R	_____	-	_____

2. How does she recommend to substitute these items?



Task 2. Watch again and write the missing words.

1. Instead of accepting plastic bags and creating more demand for them use a _____ cloth bags or even no bag when possible.
2. Next, instead of using a one-time _____ plastic straw, you can either _____ the straw completely or use an acrylic or _____ straw instead.
3. Instead of using the plastic thing wrap in your kitchen for your food and leftovers, you can switch to using the _____ and _____ food wrap. These are all natural, organic and compostable.
4. Instead of buying _____ plastic water bottle, opt for a _____ water bottle.
5. Do your best to avoid using _____ utensils. Instead you can use silverware from home or use portable utensils made out of _____ or bamboo.
6. Over 4.7 billion plastic toothbrushes that will never _____ are dumped in landfills and oceans each year. So you can make a huge impact just by switching your plastic toothbrush for a _____ toothbrush.
7. _____ period products also produce so much _____. The average woman draws up to 300 pounds of pads, tampons in her lifetime.
8. Lastly, _____ the amount of paper you bring into your home.

