

More and more people adopt a green lifestyle. It is a choice we make to change to a greener and more **sustainable** lifestyle. There are many things you can do to become an eco-friendly person. Here are some of them.

**Turning off your appliances when they are not in use**

This is one of the easiest ways to save energy and reduce your carbon footprint. It also helps reduce energy bills and prevent any dangerous situations such as a fire or an explosion.

**Buying products that are grown using more natural and organic methods**

This helps reduce the use of harmful chemicals in food. Organic food is better for us because it is safer and healthier. It also tastes better.

**Cutting down on plastic use**

This really helps the environment because it takes many years for plastic waste to break down into small pieces. Bring a reusable bag when you go shopping, and your own refillable bottle instead of buying bottled water.

**Recycling as much as possible**

This prevents pollution because it reduces the need to collect new raw materials and protects **natural resources** such as water and trees. So don't throw away your used household items, but sort and recycle them.

**3 Circle the correct meanings of the highlighted words and phrases in the text.**

1. sustainable
  - a. causing little or no damage to the environment
  - b. bringing no benefits to the environment
2. organic
  - a. without the use of animal organs
  - b. without the use of chemicals
3. cutting down on
  - a. reducing
  - b. reusing
4. natural resources
  - a. materials supporting life
  - b. materials harmful to life

**4 Read the text again and decide whether the following statements are true (T) or false (F).**

	T	F
1. Green living is now compulsory for many people.		
2. Turning off electrical appliances is an easy way to save energy.		
3. It takes a long time for plastic waste to break down.		
4. The use of refillable water bottles is not encouraged.		

**5 Work in pairs. Discuss the following question.**

*In your opinion, which of the suggestions in the text is the easiest way to live green?*