

ARE YOU SECRETLY HARMING THE PLANET?

Reading Comprehension



Emma considered herself an environmentally responsible person. She recycled regularly, used reusable bags, and even tried to save water at home. However, one day she read an article that made her question everything.

The article explained that many everyday habits that seem harmless can actually have a significant environmental impact. For example, Emma loved ordering fast fashion online. The clothes were cheap and trendy, but she didn't realize that producing them required large amounts of water, energy, and chemicals. Even worse, many of these clothes were worn only a few times before being thrown away.

Another surprising fact was related to food. Emma believed she was making good choices by buying packaged "healthy" snacks. However, the plastic packaging and transportation of these products contributed to pollution and carbon emissions. She began to understand that eating fresh, local food might be a better option for the environment.

Technology was another hidden issue. Emma spent hours streaming videos and storing photos online, without thinking about it. What she didn't know was that data centers consume huge amounts of electricity, much of which still comes from non-renewable sources.

After learning all this, Emma felt overwhelmed. Was it even possible to live sustainably in a modern world? Instead of trying to change everything at once, she decided to start small. She began buying fewer clothes, choosing second-hand options, and cooking more meals at home using fresh ingredients.

Over time, Emma realized that sustainable living is not about being perfect, but about being aware. Small, consistent changes can have a real impact. And perhaps the most important step is simply asking yourself: Are my daily choices helping or harming the planet?

WHILE-READING TASK

1. Choose the correct answer

Emma thought she was environmentally responsible because she:

- A. never used technology
- B. recycled and saved water
- C. avoided buying clothes

What surprised Emma about fast fashion?

- A. It was expensive
- B. It used a lot of resources
- C. It was hard to find

What problem is mentioned about packaged food?

- A. It is unhealthy
- B. It is too expensive
- C. It creates pollution

Why is technology a hidden issue?

- A. It is difficult to use
- B. It uses electricity from non-renewable sources
- C. It is not popular

What did Emma decide to do?

- A. Change everything at once
- B. Stop using technology
- C. Start with small changes

WHILE-READING TASK

2. Write (T) True or (F) False. Correct the false ones

- Emma always knew her habits had a big environmental impact.
- Many clothes are worn only a few times before being thrown away.
- Eating packaged snacks is always better for the environment.
- Data centers use a lot of electricity.
- Sustainable living means being perfect.

3. Match the words with their meanings.

Word

1. impact
2. reusable
3. second-hand
4. emissions
5. sustainable

Meaning

- a. not new, used before
- b. effect or result
- c. able to be used again
- d. gases released into the air
- e. causing little harm to the environment

4. Answer and complete the sentences.

- Why did Emma begin to question her habits?
- What did she learn about fast fashion?
- How does technology affect the environment?
- What changes did Emma make?
- What is the main message of the text?