



TP 14: A sustainable lifestyle

A challenge that is affecting everyone around the world is pollution. The worst thing about pollution is that we, humans, are responsible for it. However, there are a lot of things we can do to help reduce the levels of pollution worldwide.

1) Watch the video and decide whether these statements are TRUE or FALSE.

- a) Lorena has long hot showers every day.
- b) She collects water from her showers to reuse it when she goes to the toilet.
- c) She deletes every single message from her inbox because it seems to be more eco-friendly.
- d) She throws away all her friends' food waste, from the leftovers to the water bottles.
- e) She refuses to use plastic.
- f) She doesn't keep her own clutter and containers everywhere she goes.
- g) She uses a rock as deodorant because it is more eco-friendly.
- h) She never calls the companies to tell them what to change about their products.
- i) She wears fast fashion clothes.
- j) She collects used oil in a bottle and reuses it.
- k) Lorena says that the transport industry causes the greatest level of pollution.

2) Match the actions Lorena takes to the reasons why she does so.

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| • She buys second-hand clothes... | -to avoid wasting tissues. |
| • She keeps rotten food in the fridge... | -to extend their life. |
| • She has short cold showers everyday... | -to save water and energy. |
| • She follows a vegan diet... | -to avoid using single-use plastic. |
| • She carries a handkerchief everywhere she goes... | -to save energy and data from remote servers. |
| • She deletes her emails everyday... | -to avoid pollution coming from animal agriculture. |
| • She carries containers everywhere she goes... | -to use it for compost. |

3) Answer the following questions.

- a. Do you include any of Lorena's actions in your everyday life? Which ones?
- b. What actions do you think you could take to help the environment?
- c. What action would be the most difficult one to take for you? Why?