

# WHAT IS AN ECO-FRIENDLY ROUTINE?

## 1. Listen to and read the text.

Hi! My name is Camila and I am 16 years old. Let me tell you about my routine. I wake up at 7 o'clock every day and I go to the store to buy a plastic cup of juice and a sandwich. I always go to the supermarket at 9 o'clock on weekdays. I usually forget to bring bags with me, so I often use plastic bags from the store. When I walk to the market sometimes there is trash in the street, but I never pick it up and throw it away. On Saturday mornings at 11:00, I play soccer with friends. I always buy a large bottle of water after the game. I never sort the trash so it can be recycled. My favourite time of the week is Sunday afternoon, because I always watch TV with my family at 3 o'clock.



However, my sister Muriel has a different routine. She says that she is eco-friendly. She wakes up at 7 o'clock every day and she makes breakfast at home. She always goes to the market at 10 o'clock on Saturday. She always remembers to bring bags with her to the supermarket so she never needs to use plastic bags from the store. She never buys packaged goods or plastic bottles. She always takes recycled bags or glass containers to buy rice, beans and other products. She usually sorts the garbage into plastic, paper and organic. Her favourite time of the week is Sunday mornings, because she waters the plants and listens to music.

Who has an eco-friendly routine? *Camila* or *Muriel*



2. Complete the chart with a tick “✓” in the right column.

Activity	Camila	Muriel
Example: Wakes up at 7 o'clock	✓	✓
1. Takes recycled bags and glass containers to the market.		
2. Buys plastic cups of juice.		
3. Goes to the market at 10 o'clock.		
4. Uses plastic bags from the supermarket.		
5. Waters the plants on Sunday mornings.		
6. Watches TV at 3 o'clock.		
7. Plays soccer on Saturdays.		
8. Sorts the garbage into plastic, paper and organic.		