

1) COMPLETE THE TEXT WITH THE WORDS DERIVED FROM THE WORDS IN CAPITALS

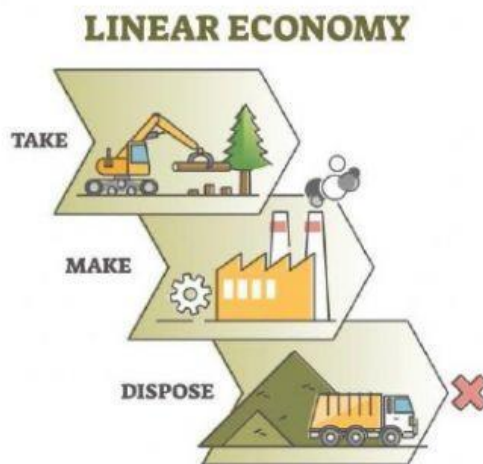
'SUSTAINABLE' CONSUMPTION

We've all heard of the 3 Rs (reduce, reuse, recycle). In this post, we're focusing on the IMPORTANT _____ of the first R – by reducing what we consume we can help to protect the planet and its precious resources.

Whilst many of us are waking up to the problems of CONSUME _____, so have those businesses that are most guilty of promoting CONSUME _____. Now, don't get us wrong – choosing to buy SUSTAIN _____ options over their less SUSTAIN _____ counterparts is a great ACHIEVE _____ for the planet and will help to solve the problems of the climate crisis and plastic pollution.

But buying fewer things remains to be the single best thing we can do for the planet. For example, some items that are DEGRADE _____ or are plastic-free may WEIHT _____ a lot more than plastic items, so could produce more carbon dioxide throughout their lifecycle.

One of the most POWER _____ ways that businesses have started to scrap the age-old way of producing and eventually discarding materials is through adopting the circular economy model. By avoiding creating waste through reuse, we can create a system whereby we no longer consider a product's "end of life" because it doesn't have one.



CONSUMING LESS IS THE BEST THING WE CAN DO

The effects of overconsumption are all CONNECT _____.
But by consuming less, buying fewer things, and GENERAL _____ only using the resources we truly need, we can help to reduce these ENVIRONMENT _____ effects and preserve the resources for those who need them. There's no need to get confused over which type of plastic is better, or which type of wood is more sustainable – by simply buying fewer things, we'll all be making a DIFFERENT _____.

2) LOOK THROUGH THE TIPS HOW TO USE LESS PLASTIC AND WRITE WHICH IDEA YOU FOLLOW AND WHICH YOU WOULD LIKE TO FOLLOW IN THE FUTURE.

9 Easy Ways to Use Less Plastic

Plastic is one of the most prominent pollutants of our earth and ocean. It just makes sense to find easy ways to use less.



Tip 1
Drink out of glasses.



Tip 2
Use a stainless water bottle and stop buying bottled water.



Tip 3
Keep a real (metal or wooden) spoon and fork in a baggy in your car, and at your desk.



Tip 4
Purchase wooden toys.



Tip 5
Use only real or biodegradable plates.



Tip 6
Save glass jars and use them instead of Tupperware.



Tip 7
Bring cloth bags to the grocery store, say no to store clerks when they want to put your item(s) in a plastic bag.



Tip 8
Compost so you use fewer garbage bags.



Tip 9
Buy grocery items packaged in glass instead of plastic when possible.



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