

## 1.- Read this text:

### WHAT IT MEANS TO BE ECO-FRIENDLY.

Being eco friendly means living in a way that is not harmful to the environment.

This way of life is very important because we need to protect our planet. There are various ways that an individual can make sustainable changes in order to prevent the negative effect from our daily lives.

It is possible to be eco-friendly in different areas of our lives. Let's learn from this boy.

Lewis wants to be eco-friendly, so he is doing some changes in his life. Everyday, in the morning, when he brushes his teeth he turns the tap off. Later he has a quick shower, not a long bath. His mother sometimes offers him some ham and eggs for breakfast, but he prefers some cereals and juice because he doesn't want to eat too much meat. On Mondays his mum sometimes asks him if he wants to go to school by car. Lewis refuses it, because he usually rides his bike or walks to school.



At breaktime, when he goes to the canteen, and the waiter gives him a straw with his drink, he returns it back (One-use plastic straws are very bad for the environment).

Yesterday, at lunch time, he choosed a dish of lentils soup instead of a beefburger. Eating a lot of beef is bad for you and for the planet. Later, he ate a small chocolate bar, and he put the wrapping paper inside the recycling bin. He often picks up all plastic bottles from his table canteen and he puts them into the plastic recycling container. When he gets home, he usually goes up to his bedroom.

Now it's winter and it's cold. His mother often switches the heating on, but he preffers to put on a sweater to keep warm. He turned his tablet on and chat with his friends for a while. Later he switches his tablet off and goes downstairs. He turns the electric lights off and opens the curtains when there is sunlight outside. He is only one boy, but, if all boys and girls decide to behave in this way every day, the world would save a lot of energy.

## 2.- Look up these words on a dictionary:

eco-friendly:

way:

tap:

too much:

waiter:

instead of:

to pick up:

heating:

for a while:

harmful:

in order to:

turn the tap off:

to refuse:

straw:

beefburger:

wrapping paper:

to keep warm:

to behave:

environment:

sustainable:

ham:

canteen:

to return back:

chocolate bar :

to save:

## 3.- Match these actions with these images:

To have a chocolate bar

To turn the tap off

to have a beefburger

to have a quick shower

to have a bath

to go by car

to refuse a straw

to ride a bike

to turn the lights off

