

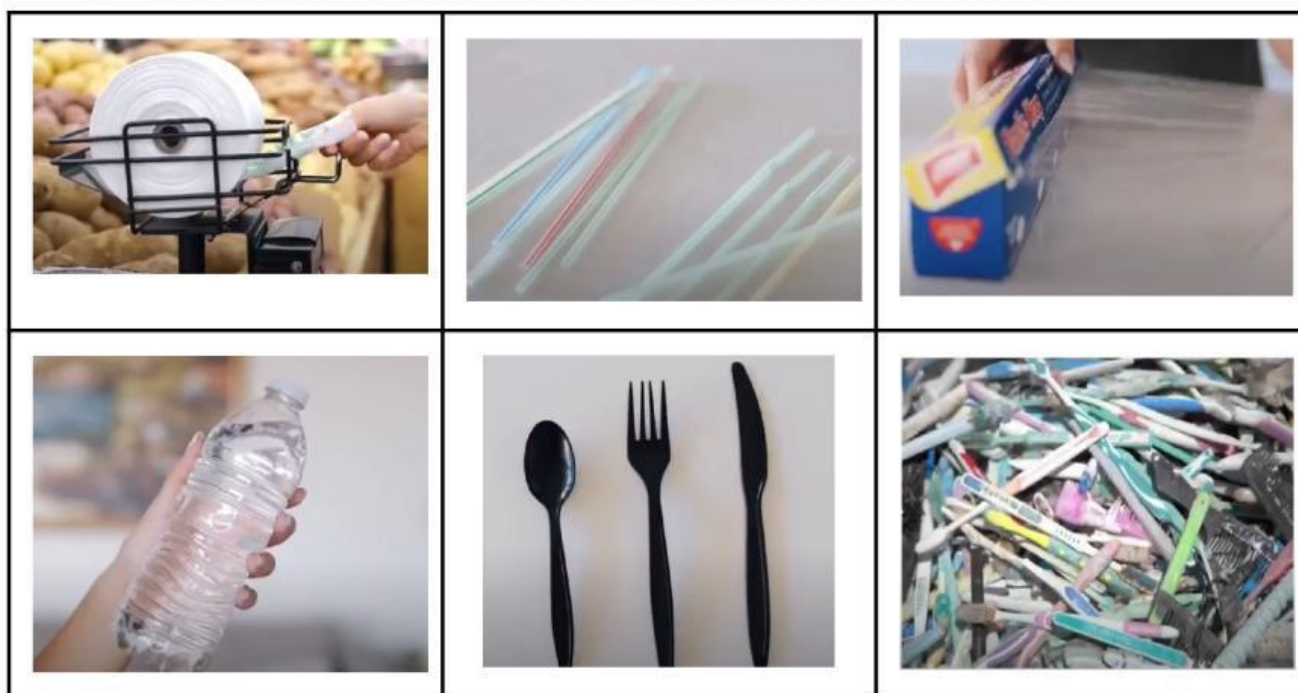
**Task 1. Watch the video “Zero waste for beginners” and answer the questions.**

1. What is the principle of 5 Rs?



|   |       |   |       |
|---|-------|---|-------|
| R | _____ | - | _____ |
| R | _____ | - | _____ |
| R | _____ | - | _____ |
| R | _____ | - | _____ |
| R | _____ | - | _____ |

2. How does she recommend to substitute these items?



**Task 2. Watch again and write the missing words.**

1. Instead of accepting plastic bags and creating more demand for them use a \_\_\_\_\_ cloth bags or even no bag when possible.
2. Next, instead of using a one-time \_\_\_\_\_ plastic straw, you can either \_\_\_\_\_ the straw completely or use an acrylic or \_\_\_\_\_ straw instead.
3. Instead of using the plastic thing wrap in your kitchen for your food and leftovers, you can switch to using the \_\_\_\_\_ and \_\_\_\_\_ food wrap. These are all natural, organic and compostable.
4. Instead of buying \_\_\_\_\_ plastic water bottle, opt for a \_\_\_\_\_ water bottle.
5. Do your best to avoid using \_\_\_\_\_ utensils. Instead you can use silverware from home or use portable utensils made out of \_\_\_\_\_ or bamboo.
6. Over 4.7 billion plastic toothbrushes that will never \_\_\_\_\_ are dumped in landfills and oceans each year. So you can make a huge impact just by switching your plastic toothbrush for a \_\_\_\_\_ toothbrush.
7. \_\_\_\_\_ period products also produce so much \_\_\_\_\_. The average woman draws up to 300 pounds of pads, tampons in her lifetime.
8. Lastly, \_\_\_\_\_ the amount of paper you bring into your home.

