

ZERO WASTE LIFESTYLE

LISTENING

You are going to listen to Lauren Singer talking about how she has come to a zero waste lifestyle. Before you listen, read the sentences below. While you listen, complete the sentences. Write **no more than five words** in each gap.

1. Lauren became a zero-waste person _____ ago.
2. Her lifestyle contributes to reducing the amount of waste that goes to _____.
3. The idea of a zero waste life first came to Lauren when she was an _____ at New York University.
4. The consuming habits of one of her coursemates made her feel _____.
5. Lauren made up her mind to make her lifestyle more sustainable when she realised that she consumes _____.
6. To avoid using plastic, Lauren decided to _____.
7. A family from California inspired Lauren to _____.
8. The first thing Lauren did was to stop buying products that come in _____.
9. Lauren started using baking soda _____.
10. When Lauren needs a new piece of clothing, she prefers _____.
11. Another thing Lauren does to produce no waste is that she only purchases things that _____.
12. According to Lauren, the fewer things you have, the better _____ of them.

13. The advantages of living a zero waste life that Lauren mentions include:

- 1) _____,
- 2) _____.

14. _____ of trash per person per day is produced in the USA.

15. In order to reduce the amount of waste you produce, you have to follow these three steps:

- 1) Look at your _____ and identify its _____.
- 2) Replace disposable everyday objects with _____ ones.
- 3) Produce things _____.

16. Developing DIY skills enables you to have _____ what you consume.

17. The main problem with the cleaning products that are sold in stores is that they contain _____ ingredients.

18. The guiding principle of Lauren's company is that all people are entitled to _____.

19. Lauren wants to be remembered for the things that she did while she was on this planet, and not for the _____ behind.

Follow-up questions:

- *What's your attitude towards Lauren's lifestyle?*
- *Do you think her actions can make a difference and make the world a better place?*
- *Would you be able to lead a zero waste lifestyle?*
- *What things would it be impossible for you to live without?*
- *What things are you ready to do without?*