

A. Introduction: Look at the photo and discuss

1. Why are the people in the photo running?
2. Do you think people save money when they shop at sales?
3. Do you like shopping in sales? What do you buy?



B. Look at the categories. Write items from each category that you **usually** buy/consume.

Here are some ideas:

coffee hair treatment spotify eating out
cab or taxi work clothes toiletries

electronics:

Food and drink:

Clothes:

Transport:

Personal care:

Entertainment:

What items from the categories can you buy second-hand?

example: **You can buy clothes second hand.**

C. Listen to the conversation and complete with the words in the box.

sure usually never every week

A. Do you want to go shopping after class?

B: _____. Where do you want to go?

A: Well, I ____ go to Market Street. They have great shops there.

B: Oh. Do you ever go to City Mall?

A: No, _____. Why?

B: There's a great second-hand job there.

I go _____.

A: OK, good idea! To be honest, I need to start saving money.

Talking about habits and routines

Do you ever shop online?	Yes, I	always usually often sometimes	shop online.
Do you ever buy furniture?	No, I	hardly ever/rarely never	buy furniture.
How often do you go shopping?	I go shopping I never go shopping.	every day once/twice/three times a week.	



Look at the table and complete the rule with:

- before the verb**
- at the end of the sentence**

Adverbs of frequency
(always, often, etc) go _____.

Expressions of frequency
(every week, once a week, etc) go _____.

"We used to build civilisation. Now we build shopping malls."

BILL BRYSON



READING

1. Read the text and explain the challenge in your own words.

Could you live for one month without buying anything new? Buy Nothing New Month started in Australia in 2010. It challenges people once a year to buy nothing new – except food, medicine and products used for 'hygiene' – for 30 days.

The aim is to encourage people to be less wasteful and to make us think about the impact our shopping habits have on the environment. But the challenge is not simply about 'going without'. People can find other, creative ways to get the things they want. Here are a few examples of how to buy nothing new.

SHOPPING SECOND-HAND

Many people shop for second-hand products at places like charity shops and flea markets. You can usually find a wide variety of items at 'phenomenal' prices, and your money often goes to a good cause. And while you're there, why

not **donate** something you no longer use, so someone else can buy it?

SWAPPING

With the Internet, **swapping** is easier than ever before. There are many websites, such as swap.com, where you can post a photo of something you don't need. Then, other users can offer something as a swap.

UPCYCLING

Upcycling involves turning something you no longer need into something much more useful. For example, you can turn an empty drink bottle into a beautiful lamp, or an old door into an interesting table.

So why not try the challenge for yourself? You can be a friend to the environment and also to your **wallet**.

2. Read the article. Choose the true information (a-c)

The article says Buy Nothing New Month makes us think about...

- a. The environment
- b. Life for poor people
- c. Throwing things away

3. Find the following information in the article:

- a. Three types of products you can buy during BNNM
- b. Two places where you can buy second-hand products
- c. A website where you can swap items
- d. Two examples of upcycling

4. According to the article, which of these items are OK to buy during BNNM?

- a. a cup of coffee from a café
- b. a bottle of shampoo
- c. a new T-shirt for your friend's birthday
- d. a new tie for a job interview
- e. a computer game from your best friend.

5. Complete the sentences with these words

donate - environment - products - swap - wallet

1. Many people _____ things they don't need to charity shops.
2. It's OK to buy new healthcare _____ during BNNM.
3. Some people hold parties where they _____ clothes with friends.
4. Throwing things away when they are still in good condition is bad for the _____.
5. At the end of BNNM, you may have more money than usual in your _____.

