

Read the text below. For questions 1-5 choose the correct answer A, B, C or D.



Trinny's Hot Blog - the best place for teen fashion

Last week, I got an email from a reader called Jess. Here's what she wrote: *The sales have started and there are lots of clothes at great prices. I'm thinking of buying some, but would it be better to buy one or two good quality clothes instead of lots of cheap ones?* The simple answer is yes! But let me explain why it's better to buy fewer clothes. Firstly, lots of clothes are trendy only for one season. That's great news for the companies which make clothes, but it's not good for your wallet!

Secondly, the clothes are not expensive because they're made in poor countries. As the clothes are cheap to buy, you don't care if you throw them out after a few months. You can go to the shops and buy new stuff. It's 'fast fashion', just like fast food – it's cheap and quick, it's everywhere and it isn't very good quality.

But there's a more important reason to buy less - the environment. Fashion is bad for the planet! The chemicals that are used to dye the fabrics often pollute rivers and kill fish. Also, there are mountains of clothes that have been thrown out. In Britain, nearly 2.8 million items of clothing are thrown out every day. Americans throw out 10 billion kilos of clothes every year. That's a lot of rubbish! Where will it all go?

Is it possible to be eco-friendly and trendy? Yes, it is! This is what you can do:

- Stop buying stuff just because it's cheap. Spend your money on one or two good quality items of clothing.
- Swap clothes with friends. In this way, you can recycle clothes.

- Why not try some vintage clothes? Fashions from the past are really stylish. Just one nice piece is enough to make you look super cool.

What do you think? Post your comments below.

1 Why did Jess write to Trinny?

- A to get advice on shopping
- B to offer her some clothes
- C to ask Trinny for some clothes
- D to tell Trinny about her plans

2 Why is it good for clothing companies that clothes go out of fashion after one season?

- A They need to make fewer clothes.
- B They can make more money.
- C They are always trendy.
- D It's good for their customers' wallets.

3 Why are cheap clothes cheap?

- A They are unhealthy
- B People do not care about them.
- C They are very quick to make.
- D Companies produce them in poor countries.

4 Why are cheap clothes bad for the planet?

- A They create a lot of rubbish
- B They kill fish
- C Millions of people cannot use them.
- D They turn into chemicals after they are thrown away

5 What can you do to stay eco-friendly?

- A spend less money on clothes
- B only wear used clothes
- C recycle all your clothes
- D choose clothes that are of better quality