Imagine 15 grocery bags filled with plastic trash piled up on every single yard of shoreline in the world. That's how much land-based plastic trash ended up in the world's oceans in just one year. The world generates at least 3.5 million tons of plastic and other solid waste a day, 10 times the amount a century ago, according to World Bank researchers.

The U.S. is the king of trash, producing a world-leading 250 million tons a year—roughly 4.4 pounds of trash per person per day. And yet there are a growing number of people—often young millennial women—who are part of a zero-waste movement.

Their yearly trash output can be small enough to fit inside an eight-ounce mason jar. These are not wannabe hippies, but people embracing a modern minimalist lifestyle. They say it saves them money and time and enriches their lives. Kathryn Kellogg is one of those young millennials who has downsized her trash pile—anything that hasn't been composted or recycled—so two years' worth literally fits inside one 16-ounce jar.

Meanwhile, the average American produces 1,500 pounds of trash a year. (Learn more about Kellogg in the recent plastic issue of National Geographic magazine).

"We also saved about $5,000 a year by purchasing fresh food instead of packaged, buying in bulk, and making our own products like cleaners and deodorant," says Kellogg, who lives with her husband in a small house in Vallejo, California. Kellogg is one of several zero-waste bloggers who share online the details of their efforts, along with practical tips and encouragement, for others looking to embrace a zero-waste lifestyle. In three years, she has gained 300,000 monthly readers on her blog goingzerowaste.com and on Instagram.

"I think many people are ready to cut their waste," says Kellogg. However, she doesn't want people to fixate on trying to stuff all their trash into a jar. Zero- waste is really about trying to minimize your trash and making better choices in your life, she says. "Just do the best you can and buy less."

1. What is the main idea of the passage?
   A. Kellogg as one of the zero-waste bloggers
   B. Zero-waste management movement by millennial women
   C. Two years' worth of trash in only 16-ounce jar
   D Amount of plastic trash in the ocean
   E. The U.S. as the king of trash
2. The bold words in paragraph one has closest meaning to...
   A. People who support a modern minimalist lifestyle
   B. People who saves money and time because of their minimalist lifestyle
   C. Millennials who downsized their trash
   D. People who are trying to live an eco-friendly life and oppose the conventional way of living
   E. None of the above
3. What is the definition of trash pile according to the act of Kellogg?
   A. Accumulation of trash
   B. Accumulation of non-recycled trash
   C Junk heap
   D. Accumulation of discarded matter
   E. All of the above

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4. What is the definition of zero-waste as stated by Kellogg?
   A. Trying to put all their trash into a jar
   B. Producing no waste at all
   C. Make better choices to diminish waste production
   D. Do your best to escalate shopping
   E. Make new choices in life
5. According to World Bank researchers, what is the amount of trash produced per day?
   A. 10 times the amount centuries ago
   B. 3.5 million tons
   C. 250 million tons
   D. 4.4 tons
   E. Less than 250 million tons
6. Skueedwart can book the ticket in advance, so that he... queue up for it
   A. Mustn't
   B. Cannot
   C. May not
   D. Don't have to
   E. Might not
7. As the road to Trawas had become very slippery after the rain, my friend told the angkot driver...
   A. Not to speed up
   B. Do not speed up
   C. Let us no speed
   D. Not speeding up
   E. He does not speeding up
8. Because the metal mercury .... In direct proportion to temperature, it was once used as the indicator in common thermometers.
   A. Is expanding
   B. Expands
   C. Is expanded
   D. Expanded
   E. Expand
9. ..... is present in the body in greater amounts than any other mineral.
   A. Calcium
   B. There is calcium
   C. Calcium, which
   D. It is calcium
   E. Calciums
10. Pearl Sydenstricker Buck, ... The Nobel prize for Literature in 1938, is Best known for her novels about China.
   A. Won
   B. Winner of
   C. To win
   D. Who the winner of
   E. Wins

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