

STUDENT'S NAME: _____ CLASS: _____

TEACHER'S NAME: _____ DATE: _____



LET'S GO GREEN!

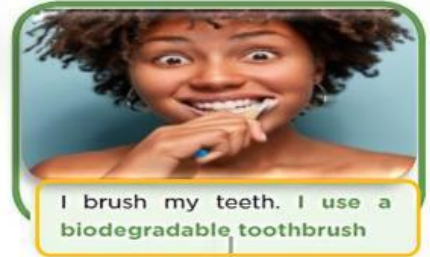
Hello! My name is Elena. I am 13 years old. This is my eco-friendly, daily routine.



Usually, I get up at 6:00 o'clock in the morning.



I take a shower in the morning. I use **plastic-free** shampoo.



I brush my teeth. I use a **biodegradable** toothbrush

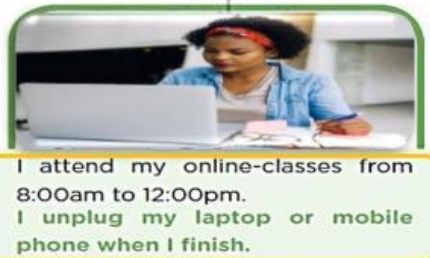
@Mrs. Carhuavilca



Then I get dressed. Usually, I wear **recycled** clothing.



I have breakfast at 7:00 o'clock. I eat a **plant-based breakfast**. For example: an apple, cereals, an orange juice and an avocado sandwich.



I attend my online-classes from 8:00am to 12:00pm. I **unplug** my laptop or mobile phone when I finish.



I have lunch at 1:00pm in the afternoon. I **don't** eat **packaged** products.



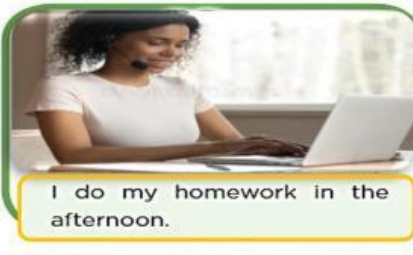
Generally, I wash the dishes.



I ride my bike in the afternoon



I chat with my friends on the phone.



I do my homework in the afternoon.



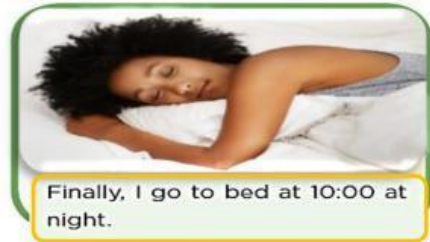
Generally, I water the garden in the afternoon. I use **recycled** water for the plants.



I watch TV in the evening. I **unplug** the TV when I finish.



Usually, I have dinner at 7:00pm in the evening.



Finally, I go to bed at 10:00 at night.



<https://youtu.be/NZSazOQjNSY>



Listen to and read the article. Then, complete and match the sentences about Elena's daily routine.

MY ECO-FRIENDLY, DAILY ROUTINE

I use plastic-free shampoo.

A



@Mrs. Carhuavilca



1. I _____ recycled clothing.

B



2. I _____ my laptop when I finish.

C



3. I _____ recycled water for the plants.

D



4. I _____ a plant-based breakfast.

E



5. I _____ the TV when I finish.

WHAT ABOUT YOU?

Do you have an
eco - friendly
daily routine?



Yes, I do. I have an eco - friendly daily routine.



No, I don't. I don't have an eco - friendly daily routine.



Yes, I do. My daily routine is a bit eco - friendly.



@ Let's share, if it is in English is better