

ACTIVITY #1

Type of activity: Matching Heading Activity

Matching Heading Activity: Sustainable Living

Instructions: Match each heading with the corresponding statement or section from the article. Be attentive to the key themes and messages discussed in each heading and statement.

Headings:

1. Urgency of Sustainable Living: _____
2. Alarming Price Tag of Unsustainability: _____
3. Green Living Benefits: _____
4. Individual Actions Matter: _____
5. Innovative Breakthroughs for Sustainability: _____

- A. The article underscores the significance of individual actions in promoting sustainable living, encouraging steps such as minimizing waste, conserving power, and supporting local businesses.
- B. Transitioning to a sustainable lifestyle is presented as a win-win solution, offering improvements in air and water quality, conservation of natural resources, and community health.
- C. The article emphasizes the critical need for immediate action towards sustainability and explores the consequences of delay.
- D. The continuous rise of innovative breakthroughs, such as green building designs and waste-to-energy technologies, is highlighted as shaping a sustainable tomorrow.
- E. This section discusses the environmental damage caused by current unsustainable practices, including climate change, deforestation, and biodiversity loss.

ACTIVITY #2

Type of activity: Multiple Choice Questions

Multiple Choice Questions: Sustainable Living

1. What is the primary focus of the article on sustainable living?
 - A. The benefits of unsustainability
 - B. The urgency of immediate action towards sustainability
 - C. Innovative breakthroughs in gaming technology
 - D. The history of deforestation in Brazil
2. What is a significant consequence of current unsustainable practices mentioned in the article?
 - A. Increase in biodiversity
 - B. Reduction in extreme weather events
 - C. Rise in sea levels
 - D. Positive impact on social and economic disparities
3. What city is highlighted as a successful example of urban development and environmental conservation through sustainable practices?
 - A. Paris, France
 - B. Curitiba, Brazil
 - C. New York City, USA
 - D. Tokyo, Japan
4. How can adopting a sustainable lifestyle benefit individual health, according to the article?
 - A. Increased stress levels
 - B. Enhanced overall physical well-being
 - C. Decreased mood improvement
 - D. No impact on mental health
5. What is emphasized as a key step towards sustainability that individuals can take in their daily lives?
 - A. Increasing meat consumption
 - B. Ignoring local businesses
 - C. Minimizing waste and conserving power
 - D. Avoiding recycling and composting