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