LESSON 1

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GREEN THREADS: ECO-FASHION



Fashion can be beautiful and responsible.

Every choice we make can make a difference.



Section 1. Getting Started: Vocabulary and Pronunciation

Sustainable and Ethical Fashion Vocabulary:

- Activism
- Consumption ethics
- DIY fashion
- Eco-friendly materials
- Fashion promotion
- Fast fashion
- Secondhand fashion
- Slow fashion
- Sustainable fashion
- Upcycling
- Conscious consumerism
- Ethical production
- Greenwashing
- Sustainable practices
- Transparent supply chain

Verbs and Phrasal Verbs

- Advocate for
- Choose
- Create
- Design
- Dress up
- Incorporate
- Look into
- Promote
- Put together
- Support

Idiomatic Expressions

- Cut from the same cloth
- A stitch in time saves nine
- Wear your heart on your sleeve

LIVEWORKSHEETS

B-2 LEVEL

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SUSTAINABLE FASHION & ETHICAL CONSUMERISM

Better choices, better planet, **better future.**



VOCABULARY

Sustainable (adj.)
Designed to reduce negative impact on the environment and be usable long-term.

Ethical (adj.)
Involving moral principles and treating people and the planet fairly.

Eco-friendly (adj.)
Not harmful to the environment.

Upcycle (v.)
To reuse old materials or products and create something of higher value.

Fair trade (n.)
A system that ensures workers receive fair wages and safe working conditions.

Transparency (n.)
The quality of being open and honest about how products are made.

Organic (adj.)
Made from natural materials grown without harmful chemicals.

Carbon footprint (n.)
The total amount of greenhouse gases produced by our actions.

Conscious consumer (n.)
A person who thinks about the social and environmental impact of their purchases.

Recycle (v.)
To process used materials so they can be used again.

Support (v.)
To give help or encouragement to a cause, brand, or community.

Timeless (adj.)
Classic style that does not go out of fashion.

WARM UP: CHOICES THAT MATTER

Look at the situations below. Decide what choice you would make and why. Write your answer in the box.

1. You need a new outfit for a party.
   Buy a sustainable brand or Buy a cheap, trendy outfit
   Why? _____

2. You see a shirt you like, but the brand doesn't say where it's made.
   Buy it anyway or Look for more information
   Why? _____

3. You have jeans that you don't wear.
   Donate or sell them or Throw them away
   Why? _____

4. You want to support a clothing brand.
   Choose a brand with ethical values or Choose a brand just for style or price
   Why? _____

5. You're shopping online for new sneakers.
   Buy from a local business or Buy from a company that ships from far away
   Why? _____

LET'S TALK!

Discuss the questions with your partner or group.

1. Why do you think sustainable fashion is important today?
2. How can young people promote ethical consumerism?
3. Have you ever chosen a product because of a brand's values? Why?
4. What challenges do consumers face when shopping ethically?
5. How can the fashion industry become more sustainable in the future?

"Small choices today can create a better tomorrow."

LIVEWORKSHEETS

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Section 2: Speaking

Exercise 1: Eco-Chic Explorations



Your task is to thoroughly research and analyze assigned sustainable fashion brands and designers. Working in pairs or small groups, investigate your given brand or designer's commitment to sustainability, their guiding principles, and the impact of their work. Create visually engaging presentations or posters that summarize your findings, ensuring to highlight key information. Finally, present your analyses to the class, emphasizing notable aspects and contributions to sustainable fashion.

FASHION BRANDS

1 Patagonia

Known for its commitment to environmental sustainability, fair labor practices, and transparency in the fashion industry. The company donates 1% of sales to environmental causes.



2 Eileen Fisher

Emphasizes sustainable sourcing, ethical production, and social responsibility in its designs. The brand is known for its timeless pieces and commitment to quality over quantity.



3 Stella McCartney

A pioneer in sustainable luxury fashion, using innovative materials and advocating for animal rights. The brand avoids leather, fur, and exotic skins.



4 Reformation

Focuses on eco-friendly practices, such as using recycled materials and reducing waste in the production process.



5 Veja

A sneaker brand that prioritizes transparency, fair trade sourcing, and ecological materials in its products. Veja works directly with farmers and uses organic cotton, wild rubber from the Amazon, and recycled plastics.



More ideas to explore:

- How does the brand reduce its environmental impact?
- What materials and production methods are used?
- How does the brand ensure fair treatment of workers?
- What certifications or partnerships support its values?
- How does the brand inspire conscious consumers?
- What challenges does the brand face in being sustainable?

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Section 2: Speaking

Exercise 2: Sustainable Fashion Roundtable



You will explore why sustainable fashion matters and how it impacts our world. Split into groups, you will focus on different aspects like materials, production methods, brands, innovations, and consumer choices. Through research and discussion, you will learn how fashion can be more ethical and eco-friendlier. You will come together to share what you've discovered, exchanging ideas and insights to deepen your understanding. By working together, you can make informed choices for a better, more sustainable future.

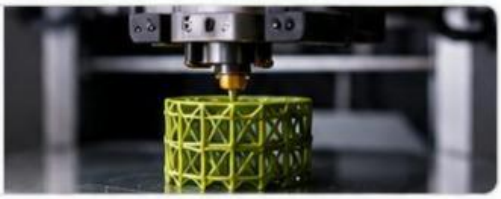
1 Materials & Production

Research sustainable materials and eco-friendly production methods used in fashion, considering options like organic cotton, recycled polyester, zero-waste manufacturing, and ethical labor practices.



2 Fashion Innovations

Examine emerging technologies and innovations in sustainable fashion, such as biodegradable fabrics, 3D printing, digital design, plant-based leathers, or closed-loop systems that reduce waste.



3 Consumer Choices

Discuss the impact of consumer choices on sustainable fashion, considering topics such as second-hand shopping, upcycling, renting clothes, minimalism, and the importance of informed purchasing decisions.



4 Activism & Promotion

Explore activism and promotion efforts within the sustainable fashion movement, focusing on campaigns for transparency, fair labor practices, policy changes, and consumer education through social media and events.



5 Brands & Case Studies

Investigate sustainable fashion brands that lead by example. Analyze their values, supply chains, certifications, and the real impact they create in the environment and society.



THINK FURTHER

- Why is sustainable fashion more important today than ever before?
- What role do governments play in promoting ethical fashion?
- How can young people influence the fashion industry?
- What are the biggest challenges to making fashion 100% sustainable?
- How can social media be used to promote sustainable fashion?
- What small changes can consumers make every day to support sustainable fashion?

LIVEWORKSHEETS

LESSON 1

SPEAKING

SUSTAINABLE STYLE



Sustainable fashion is creativity in action for a better future.



EXERCISE 3: Sustainable Style

In small groups, you and your classmates will work together in small groups to design and create sustainable fashion items. This means making clothes or accessories in a way that helps the environment. Each group will then prepare a presentation to show everyone what you've made. Make sure to include information about the materials you used, where you got your ideas from, and why your creations are good for the planet. After presenting, we'll talk about your designs and give feedback. Remember, it's all about being creative and thinking about how we can help the Earth!

SUSTAINABLE STYLE

Guidelines for Creating Sustainable Fashion Items:

- Choose materials that are eco-friendly and sustainable.
- Avoid using harmful chemicals or processes in production.
- Consider ways to minimize waste, such as upcycling or using recycled materials.
- Incorporate inspiration from Costa Rican culture and environmental awareness into your designs.
- Prioritize durability and versatility for long-lasting and environmentally-friendly fashion items.



LET'S DISCUSS

1. What does "sustainable fashion" mean to you?
2. Why is it important to make sustainable choices in the fashion industry?
3. What are some local Costa Rican materials that could be used in sustainable fashion?
4. How can we reduce waste when designing and making clothes?
5. What role does Costa Rican culture and nature play in sustainable fashion?
6. Do you think sustainable fashion is more expensive? Why or why not?
7. How can young people in Costa Rica promote sustainable fashion in their communities?
8. What small actions can we take every day to support a more sustainable fashion future?

LIVEWORKSHEETS

LESSON 1

LISTENING PRACTICE

SUSTAINABLE FASHION IN FOCUS



PRE-LISTENING ACTIVITY

Think about the topic and answer the questions.

1. What does "sustainable fashion" mean to you?

_____

2. Why is sustainable fashion important?

_____

3. What are some ways people can shop more sustainably?

_____

4. Do you think sustainable fashion is more expensive? Why or why not?

_____

5. What role do social media and influencers play in fashion trends?

_____

Exercise 1: Embracing Sustainable Fashion

Listen to the conversation and complete the exercises.

1. **What is the main topic of the show "Fashion Forward"?**

   a) Fast fashion
   b) Fashion trends
   c) Vintage fashion
   d) Sustainable fashion

   _____

2. **Who is the host of "Fashion Forward"?**

   a) Both
   b) Carlos
   c) Isabella
   d) Unknown

   _____

3. **According to Carlos, what is a challenge in transitioning the fashion industry?**

   a) Lack of trends
   b) Lack of creativity
   c) Lack of affordability
   d) Lack of sustainability

   _____

Exercise 2: Navigating Sustainable Fashion Trends

Listen to the conversation and answer the questions.

1. **What is the main focus of "Trend Talk"?**

   a) Food trends
   b) Technology trends
   c) Latest music trends
   d) Sustainable fashion trends

   _____

2. **Who is Luisa's guest on "Trend Talk"?**

   a) A chef
   b) A scientist
   c) A musician
   d) An eco-conscious designer

   _____

LIVEWORKSHEETS

LESSON 1

Section 3: LISTENING

Listen • Understand • Choose



PRE-LISTENING ACTIVITY

A. Before you listen, answer the questions below.

1. What does "sustainable fashion" mean to you? _____
2. Why do you think sustainable fashion is important? _____
3. Can you name one sustainable clothing brand? _____
4. What are some challenges of buying sustainable clothes? _____
5. How can people make more eco-friendly fashion choices in their daily lives? _____

Exercise 1: Embracing Sustainable Fashion

Listen to the conversation and complete the exercises.

1. **What is the main topic of the show "Fashion Forward"?**
   - a) Fast fashion ☐
   - b) Fashion trends ☐
   - c) Vintage fashion ☐
   - d) Sustainable fashion ☐

2. **Who is the host of "Fashion Forward"?**
   - a) Both ☐
   - b) Carlos ☐
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Exercise 2: Navigating Sustainable Fashion Trends

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