



LISTENING

9 Listen to five people talking about social media. Choose from the list what each speaker says about it. There is one extra sentence you do not need to use.

- | | | | |
|---|-------|---|--|
| 1 | | A | There are too many photos on social media. |
| 2 | | B | Social media will soon seem old-fashioned. |
| 3 | | C | I use social media too much. |
| 4 | | D | My friends on social media help me with school work. |
| 5 | | E | I'd like to have a career in the social media industry. |
| 6 | | F | I use social media to share opinions on events I attended. |

She doesn't mind when people she's never met before ask her why she's using her own cup in a café. 'It's an opportunity to let people know what I'm trying to do,' she says. 'Takeaway cups are often covered in a thin layer of plastic so can't be easily recycled like ordinary paper that's used in magazines, or cardboard. The thing that's most of a challenge is finding ways of re-using the materials in T-shirts and jeans I no longer wear.'

Tina says that since she started waste-free living a year ago, lots of new websites have been set up about it, on which people share their experiences and give each other tips. 'It's not always easy, but it's definitely worth it – I feel I'm doing something useful and important. A lot of people save money this way too, though as my parents still pay for most things for me, it's not something I've managed to do yet,' says Tina.

READING

10 Read the article about a teenager called Tina who tries to live without throwing things away. For each question, choose the best answer, A, B, C or D.

Zero-waste teenager

Tina Garratt is, in many ways, an ordinary teenager. She goes to school, enjoys hanging out with friends, and does a bit of sport. There's one thing, however, that makes Tina unusual: she tries never to put anything in the waste bin. Some parents might say that a lot of teenagers live like that anyway, but Tina is doing it for a reason.

According to Tina, who writes a blog about 'zero waste' (living without throwing things away unless they can be recycled), quite a lot of people are interested in what she's doing and read her blog regularly. Her parents are encouraging, too. However, although a few of her friends believe in helping the environment and had often discussed different things they could do before Tina started her zero-waste lifestyle, she was the only person in the group to make this choice. She's also certain that she'll live this way for the rest of her life.

Tina says that her family have always been careful not to produce too much rubbish, taking their own bags with them when they went shopping rather than using the plastic ones provided, and only very occasionally eating takeaway food. They've always enjoyed plenty of fresh fruit and vegetables, avoiding anything covered in plastic, and that hasn't changed since they've started trying to help Tina with her waste-free lifestyle.

Tina admits it's sometimes hard to live this way, but her family have really helped her. Her mum has given her a special cup which she takes with her everywhere, so she doesn't have to use paper ones when she's out.

- What does Tina say about her decision to live waste-free?
 - Her friends agreed to do it with her.
 - She got the idea for it from her parents.
 - She had been planning it for a long time.
 - It has attracted a lot of attention.
- What does Tina say about her family's previous shopping habits?
 - They used plastic bags more than once.
 - They bought fewer fresh vegetables and fruit.
 - They often had takeaway meals.
 - They always asked for plastic bags in shops.
- What does Tina say is difficult about waste-free living?
 - knowing that people think it's unusual
 - thinking of what to do with old clothes
 - having to explain it to strangers
 - avoiding using paper cups in cafés
- How does Tina feel about her lifestyle now?
 - pleased that it has saved her so much money
 - proud that she has managed to keep on doing it
 - disappointed that so few other people live waste-free
 - annoyed that there is little information available about waste-free living
- What would Tina say in her blog?
 - I really wish I could buy a magazine or a notebook sometimes!
 - When I leave home, it'll be impossible for me to live waste-free!
 - I'm so grateful to my parents for all the support they've given me!
 - Not many people understand why I'm living waste-free, but I don't care!