

Living your life plastic-free

LEVEL B1

Part 1: WARM-UP

EX.1. Look at the pictures below showing different ways to reduce plastic in everyday life and match the expressions with the right pictures. Have you used any of them?

1.



reusable water bottle

2.



multiple-use container

3.



paper straws

4.



disposable wooden cutlery

EX.2. Look at the statements below and circle TRUE or FALSE. Compare your answers with a partner. What do you think about these ideas to reduce plastic waste?

1. I use a canvas/reusable bag whenever I go shopping. **T/F**
2. When shopping for groceries I choose products packed in cardboard boxes rather than plastic packaging. **T/F**
3. I try not to use plastic straws in cafes and restaurants. **T/F**
4. I carry a reusable water bottle at all times. **T/F**
5. I pack my lunch in multiple-use containers. **T/F**
6. I make my own cleaning products. **T/F**

EX.2.b. Can you think of any other areas where plastic could be reduced in your everyday life?

Part 2: WATCHING

Source: <https://www.youtube.com/watch?v=enaPjyMf2JY&t=2s>



EX.2.a Watch the video showing a family of four who decided to live plastic-free for a week. Were they successful? What did they think about this experiment?

EX.2.b Now watch the video again and write down all the ideas they tried to reduce plastic in their lives.

Day 1:

Day 2:

Day 3:

Day 4:

Day 5:

Day 6:

EX.2.c Do you think you could take part in such an experiment? Which ideas would/wouldn't you like to apply in your life?

Part 3: VOCABULARY

EX.3.a Look at the expressions from the video below and try to match them with their definitions.

- | | |
|--------------------------|--|
| 1. treats | a. to visit someone in their home |
| 2. to come round | b. to do sth very soon in the future |
| 3. landfill | c. food that tastes good |
| 4. to be about to do sth | d. to achieve success |
| 5. to hit the jackpot | e. making you feel happy and satisfied |
| 6. rewarding | f. a place where rubbish is buried |

EX. 3.b Now fill in the gaps with an appropriate expression from the previous task.

1. The course has been hard work, but very
2. I have some lunch. Would you like to join me?
3. Do you want to later to watch Netflix together?
4. Getting a new job made him feel as if he'd
5. I guess pizza and ice-cream are my favourite
6. Unfortunately many perfectly reusable products end up in a

Part 4: SPEAKING

EX.4. Discuss the following questions with your partner. Make sure you use the key vocabulary from the previous activities.

1. Do you have any favourite *treats*?
2. When was the last time you felt as if you'd *hit the jackpot*?
3. How often do your friends *come round* for lunch?
4. What profession do you consider the most *rewarding*?
5. What are you *about to do* now?

Part 5: HOMEWORK

EX.5. Scan the QR code and do the „How environmentally friendly are you?” quiz. Do you agree with the result?

Source: https://www.gotoquiz.com/how_environmentally_friendly_are_you



EX.6. If you're more interested in this topic you can watch *A Plastic Ocean* documentary available on Netflix (with English subtitles).

KEY

EX.1:

1. paper straws
2. reusable water bottle
3. disposable wooden cutlery
4. multiple-use container

EX.2.b:

Day 1: shopped without buying plastic or plastic packaging

Day 2: made toothpaste out of baking soda

Day 3: bought loose fruit and vegetables in a market stall; refilling washing up liquid

Day 4: bought loo paper in compostable packaging,

Day 5: found a shop with bamboo toothbrushes in cardboard boxes

Day 6: found package free toiletries (in a bar form)

EX.3.a:

1. c
2. a
3. f
4. b
5. d
6. e

EX.3.b:

1. rewarding
2. I'm about to
3. come round
4. hit the jackpot
5. treats
6. landfill