

ENVIRONMENT & NATURE

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Personal habits, recycling, reducing waste, energy saving, and eco-friendly choices

Activity 1: Let's talk about green habits

Discuss these questions with a partner:

1. What eco-friendly habits do you already practice every day?
2. Do you recycle at home? Is recycling easy or complicated in your local area?
3. What is one habit you could easily change to reduce your plastic consumption?
4. Do you usually remember to turn off lights and unplug electronics when leaving a room?
5. Is buying eco-friendly or organic products popular in your country? Why or why not?
6. Do you think individual actions make a real difference to the environment?

Activity 2: Assess your green lifestyle

Complete the self-assessment checklist below with your partner. Tick your habits, then calculate your eco-score.

Eco-Habit	Always (2 pts)	Sometimes (1 pt)	Rarely / Never (0 pts)
1. I carry a reusable shopping bag.	[___]	[___]	[___]
2. I turn off taps while brushing my teeth.	[___]	[___]	[___]
3. I separate plastic, glass, and paper rubbish.	[___]	[___]	[___]
4. I walk, cycle, or take public transport.	[___]	[___]	[___]
5. I avoid buying single-use plastic bottles.	[___]	[___]	[___]

Scoring:

- **8–10 points:** Eco Champion 🌿
- **4–7 points:** Green Beginner 🌾
- **0–3 points:** Time to Upgrade 🍂

Discuss your results with your partner.

What is one habit from the list you promise to improve this month?

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Activity 3: Name that green habit! ("Who Am I?")

Read each real-life scenario below. Identify which vocabulary term from the box best describes the situation.

reusable • single-use plastic • carbon footprint • energy-efficient   ***to compost • waste reduction • eco-friendly • to opt out***

1. "I stopped buying plastic water bottles and now bring my own stainless steel bottle everywhere I go."

   👉 **Term:** _____

2. "Items like drinking straws, plastic bags, and disposable coffee cups that are thrown away after one use."

   👉 **Term:** _____

3. "Our household throws all leftover fruit peels and coffee grounds into a garden bin to create nutrient-rich soil."

   👉 **Term:** _____

4. "We replaced all the old lightbulbs in our house with LED bulbs that consume significantly less electricity."

   👉 **Term:** _____

5. "The total amount of greenhouse gas emissions caused by an individual's travel, home heating, and buying habits."

   👉 **Term:** _____

6. "Products, packaging, or services that do not harm the natural environment or cause pollution."

   👉 **Term:** _____

7. "A shop policy where customers must ask for paper bags or plastic cutlery rather than automatically getting them."

   👉 **Term:** _____

8. "The practice of actively producing less rubbish by choosing items with minimal packaging."

   👉 **Term:** _____

REAL ENGLISH BOX

Useful expressions for talking about daily green habits:

- **To cut down on** — I'm trying to cut down on single-use plastic items.
- **To throw away / toss** — Don't throw away that jar; we can reuse it.
- **To do your bit** — Everyone needs to do their bit to keep our neighborhood clean.
- **To go green** — Many local companies are deciding to go green this year.
- **To save on energy** — Lowering the thermostat helps save on energy bills.
- **Zero-waste** — She adopted a zero-waste lifestyle to minimize her rubbish.

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Activity 4: Compare eco-friendly choices

Work with a partner. Discuss which option is better for the environment in each scenario and explain your reasoning using expressions from the box.

1. Taking a 5-minute shower vs. taking a warm bath.
2. Buying imported organic fruit vs. buying non-organic fruit grown locally.
3. Driving an electric car vs. using public transportation (buses/trains).
4. Buying new clothing every season vs. shopping at second-hand / vintage stores.
5. Printing documents on paper vs. reading and storing everything digitally.

Use these expressions:

- While both options help, I think... is far more effective because...
- It's a tough choice, but local products usually have a smaller footprint.
- I'd argue that reducing consumption in the first place is key.
- It depends on how accessible public transport is in your city.

Activity 5: Eco-advice exchange

Work with a partner.

- **Student A:** You want to make your home more eco-friendly, but you have a low budget and little time. Ask Student B for 3 practical, low-cost suggestions.
- **Student B:** You are a green lifestyle expert. Suggest 3 easy, practical changes Student A can make starting today. Explain why each change helps.

Try to use at least three expressions from the REAL ENGLISH BOX during your conversation.

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Teacher's Key

Activity 3:

1. Reusable
2. Single-use plastic
3. To compost
4. Energy-efficient
5. Carbon footprint
6. Eco-friendly
7. To opt out
8. Waste reduction

Activities 1, 2, 4 and 5:

Answers will vary.

Encourage students to use frequency adverbs and express obligation clearly (*should, ought to, need to*).

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