

# Be More Sustainable

## The Environment

### Kickoff: What's your least sustainable habit?

We all have one (or two) habits that might not be as sustainable as they could. Have a little think and own up: What do you think is the least sustainable or eco-friendly habit you have?

### Expressions: Group the sentences below the table into the three categories.

that's impossible / I'm unwilling	I suppose I could	easy peasy lemon squeezy

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| <ol style="list-style-type: none"> <li>1. There's no way I'm doing that.</li> <li>2. That seems doable.</li> <li>3. I don't see why not.</li> <li>4. I guess I could if I had to.</li> <li>5. Not a chance in hell.</li> <li>6. That sounds pretty workable.</li> <li>7. That's out of the question.</li> <li>8. That's not even worth considering.</li> </ol> | <ol style="list-style-type: none"> <li>9. I'm hesitant but it's not impossible.</li> <li>10. That's very straightforward.</li> <li>11. It'd be tough but not unconceivable.</li> <li>12. That sounds effortless.</li> <li>13. It would be a pretty painless change.</li> <li>14. Piece of cake!</li> <li>15. That's easier said than done.</li> <li>16. It's totally unfeasible.</li> </ol> |
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### Speaking I: Have a look at the following tips for being more sustainable. Using your new expressions (above), discuss each of the points.



1. Switch to LED light bulbs around the house.
2. Turn off the lights when leaving a room.
3. Double up on your clothing in winter instead of turning on the heating.
4. Use a fan instead of air conditioning.
5. Stop eating meat.
6. Grow your own food.
7. Waste less food; buy and cook only what you will eat.
8. Avoid letting food go out of date.
9. Switch to an energy provider that uses only renewable energy.
10. Put solar panels on the roof.
11. Take the car less often.
12. Buy an electric vehicle.
13. Shower only once per week.
14. Buy plastic-free toiletries from zero-waste stores.
15. Stop taking flights.
16. Don't take your own vehicle when you travel.
17. Buy more second-hand clothes.
18. Collect scrap paper and use it to take notes, etc.

### Speaking II: Are there any other tips you would add to the list?