

Plastic-Free Shopping

The Environment

Kickoff: Read and answer the questions.

1. Do you usually remember to take your own bags when you go food shopping?
2. How much plastic do you bring home each time you go to the supermarket?
3. What brand or supermarket uses the most plastic packaging?
4. Do you know anywhere you can shop without plastic packaging?

Vocabulary I: Match the pictures to the definitions below.



go to a zero-waste shop	buy food in compostable packaging	take your own bag	stop buying unnecessary products	carry a reusable water bottle	shop at your local farmers' market
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Reading: Match each account below to one of the definitions above.

1. It'll sound silly, but I just kept forgetting. I kept meaning to remember, then I'd leave the house, get to the supermarket, and... oops! So, I put it on a hook by my front door. Now, I never forget.
2. I was a total soft drink addict. I drank three or four a day, sometimes forgetting to drink water. I realised that cutting them out was healthier, cheaper, and meant I could greatly cut down on plastics. Win-win!
3. I was really happy to find out a few of my favourite products came in biodegradable versions: coffee capsules, which I can't live without; cereal, in "plastic" made from sugar cane; and bin bags. Perfect! I do have to be careful to dispose of them into the designated organic bins, though. If not, they still pollute.
4. I found a great little store down the road that sells loads of stuff by weight and without packaging. They gave me some little paper bags that I just reuse every time I go back. For me, it's the perfect solution.
5. Well, the obvious solution seemed to be "buy local". That's what I did. Every Sunday, I go and buy practically everything I need for the week. It is a little pricier. However, it tastes better, I know where the food comes from, I know where my money is going, and not everything comes wrapped in plastic.
6. My city has recently installed plenty of drinking fountains, so I've taken to carrying a flask around with me. I haven't had to buy bottled water in ages!

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Vocabulary II: Take another look at the Reading exercise above and find the terms with the following meanings.

- a. In paragraph one, a word meaning stupid.
- b. In paragraph one, a verb meaning to do something frequently, especially inintentionally.
- c. In paragraph two, a phrasal verb meaning to eliminate or stop consuming.
- d. In paragraph two, a phrasal verb meaning to reduce the quantity of something.
- e. In paragraph two an idiomatic expression meaning everybody benefits.
- f. In paragraph three, a phrasal verb meaning throw away or get rid of.
- g. In paragraph four, a colloquial word meaning things or products.
- h. In paragraph five, a word meaning more expensive.
- i. In paragraph five, a word meaning with a covering of.
- j. In paragraph six, a word meaning a public installation with drinking water.
- k. In paragraph six, a word meaning a reusable bottle to carry water or hot drinks.

Speaking: Read and answer the questions.

1. Do you think that the measures from the previous activity could help to cut down on the amount of plastic we consume?
2. Can you think of any other win-win situations with regard to plastic-free shopping?
3. Would you give plastic-free shopping a go yourself?
4. What ways could companies incentive shoppers to go plastic-free?