



THINK GREEN!

# GLOBAL PROBLEMS. WHAT ARE THEY?

## 10 TOP ECOLOGICAL PROBLEMS

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AIR  
POLLUTION



WATER  
POLLUTION



POACHING



GLOBAL  
WARMING



WASTE



DEFORESTATION



GMO



EXHAUSTION OF  
LAND RESOURCES

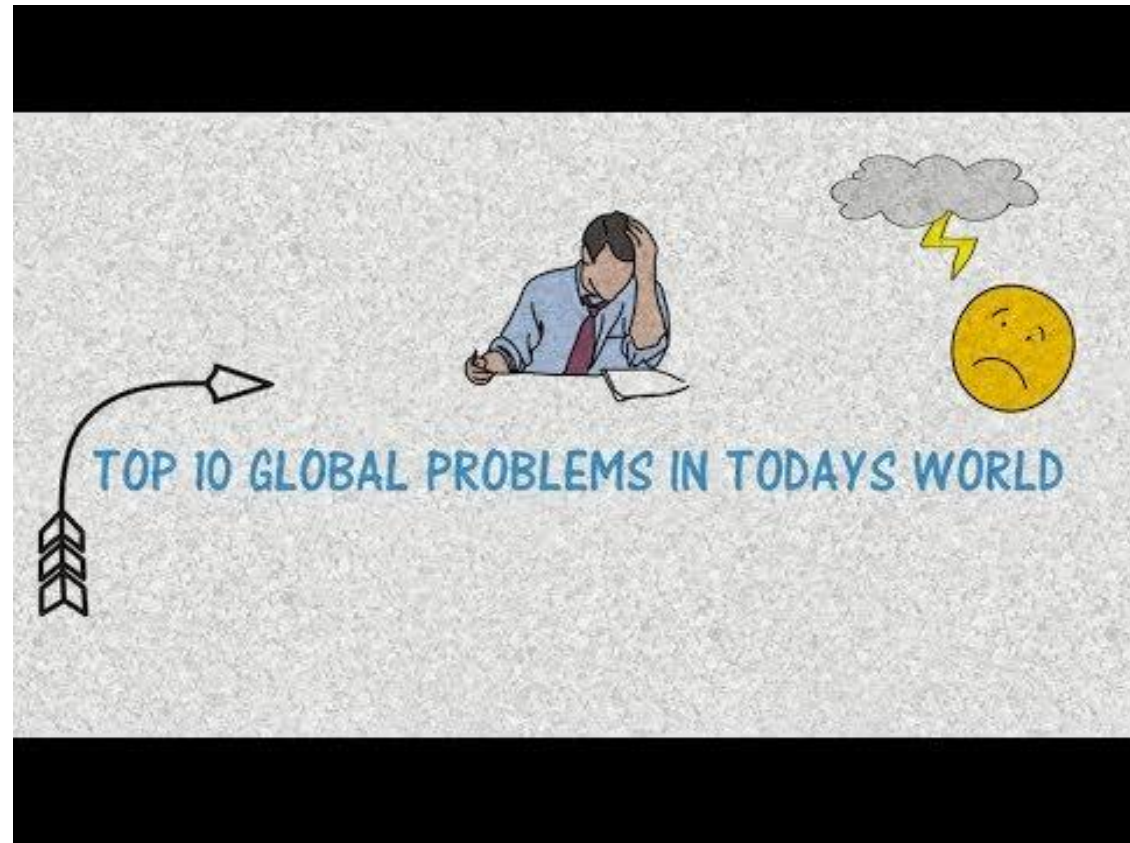


VIRUSES

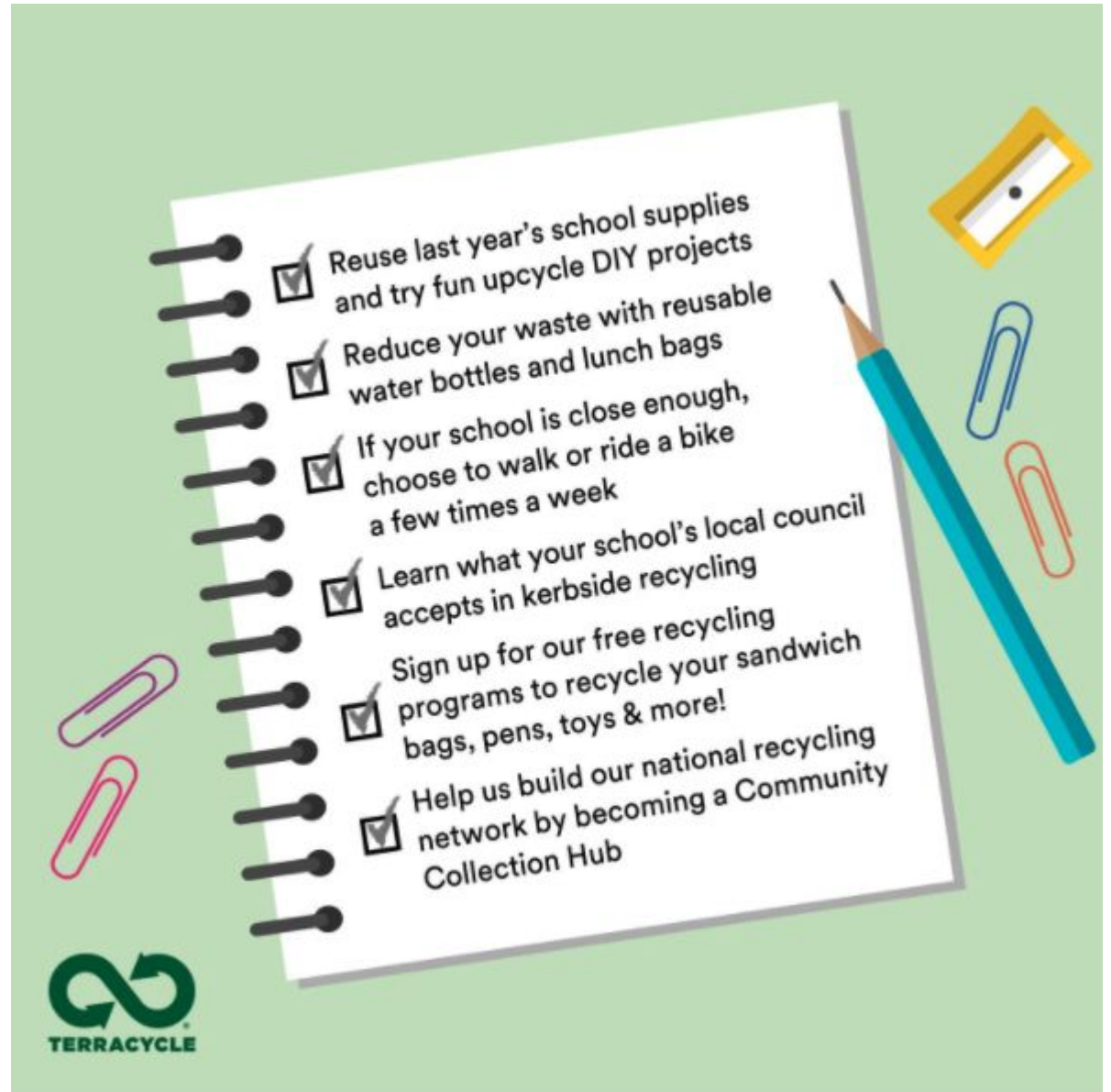


HUMAN  
POPULATION

WRITE DOWN ONLY  
THOSE PROBLEMS WHICH  
ARE CONNECTED WITH  
ECOLOGY.



# ECO-FRIENDLY IDEAS. WHAT ELSE?



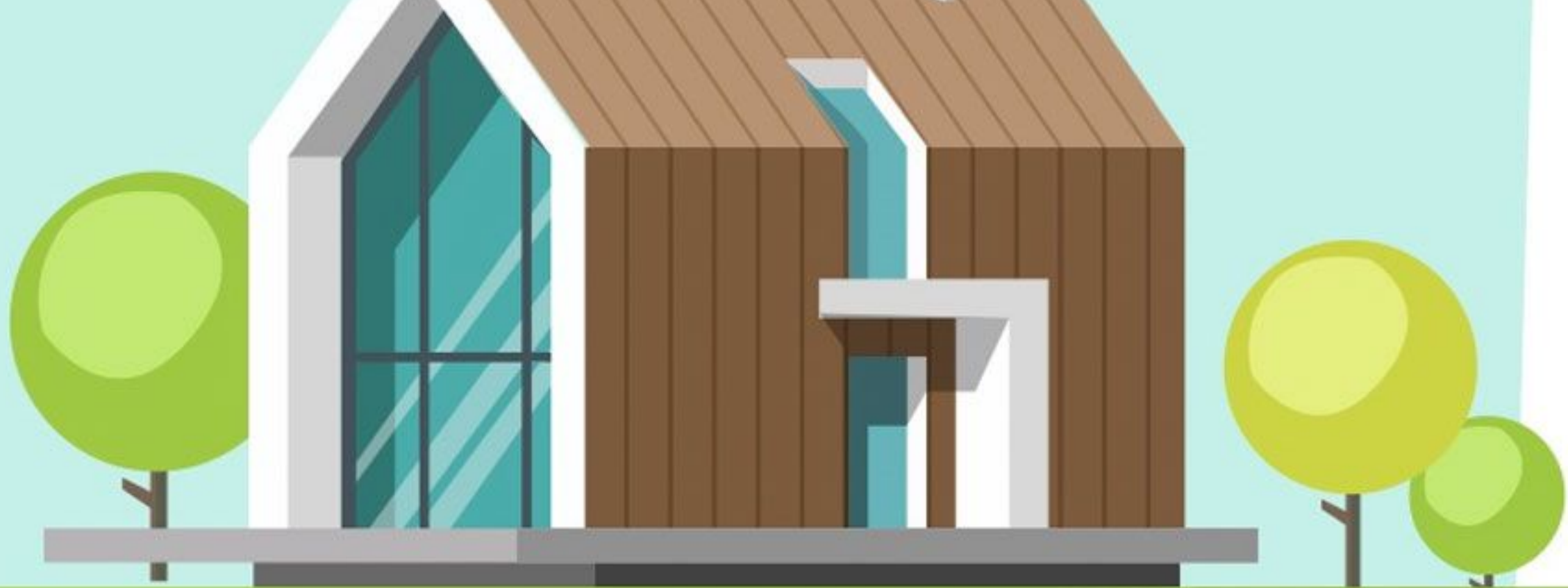
# There's so much an individual CAN DO..



- Refuse, Reduce, Reuse, Recycle
- Conserve Water
- Shop Wisely; choose products with less packaging
- Support Eco friendly products
- Grow Gardens, Trees
- Learn about Environmental Issues & Conservation
- Support organizations serving as voice of our Planet



WHAT IS IT?



**ENERGY CONSERVATION  
IN THE HOME!**

# The Kitchen

Thaw the food in your fridge first to reduce the cooking time of your dishes.

Microwave ovens use less energy than conventional ovens, but if you do use your oven, avoid opening the oven door frequently.



# The Living Room

Use lamps instead of main lights if you only need a small amount of light.

Switch TVs, DVD players, computers, stereos & game consoles off at the wall.





# The Bathroom

Use water wisely & set the hot water temperature to 50°C.

Do not leave electric toothbrushes or hairdryers on at the wall. They still consume energy on standby mode.



# The Bedroom

Instead of switching on the heating in your bedroom, simply add another blanket to your bed or use a hot water bottle to warm it up.





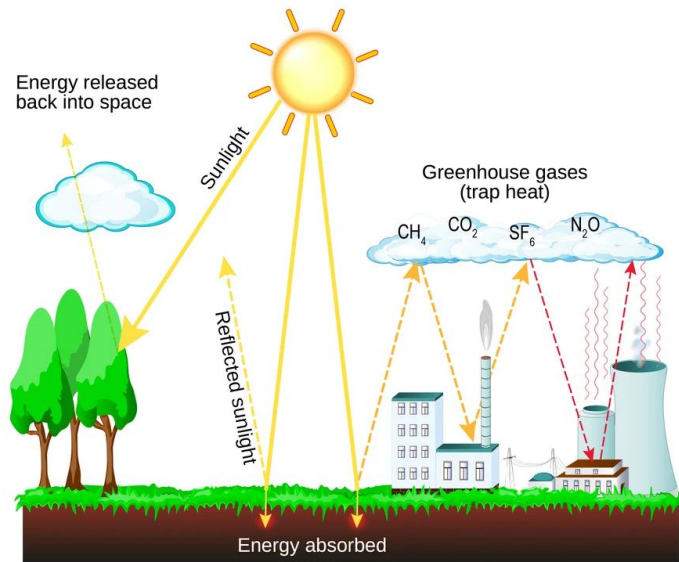
**V insight** Compound nouns and adjectives

**5** Match the words in A to the words in B to make compound nouns and adjectives. Then match the compound words to definitions 1–7. Which two words are adjectives?

- A** ■ eco- ■ energy- ■ food ■ greenhouse ■ global  
■ recycling ■ rubbish
- B** ■ centre ■ dump ■ efficient ■ friendly ■ gases  
■ miles ■ warming

- 1 we leave things that we can't recycle in this place
- 2 not harmful to the environment
- 3 the increase in the temperature of the world's atmosphere
- 4 we take old objects and materials to this place and use them again
- 5 the distance food travels to get to our homes
- 6 not using a lot of power
- 7 gases like carbon dioxide that are bad for the environment

## Greenhouse effect



### 2 Complete the sentences with the words below.

- eco-friendly ■ energy-efficient ■ food miles
- global warming ■ greenhouse gases
- recycling centre ■ rubbish dumps

- 1 At the ....., they sort the materials into different bins – glass, wood, paper and plastic.
- 2 Scientists say that ..... is causing sea levels to rise.
- 3 People in the UK who use ..... light bulbs can save up to £60 a year on their electricity bill.
- 4 The UK imports 95% of its fruit from other countries. This means that fruit has a lot of .....
- 5 The label says this product is ..... They used recycled paper for the packaging.
- 6 The Clean Cars Act was one of the first laws in the USA that tried to reduce .....
- 7 It costs £1.6 billion a year in England to collect and transport waste to .....

WHAT IS ECO?

Verb	Adjective	Noun

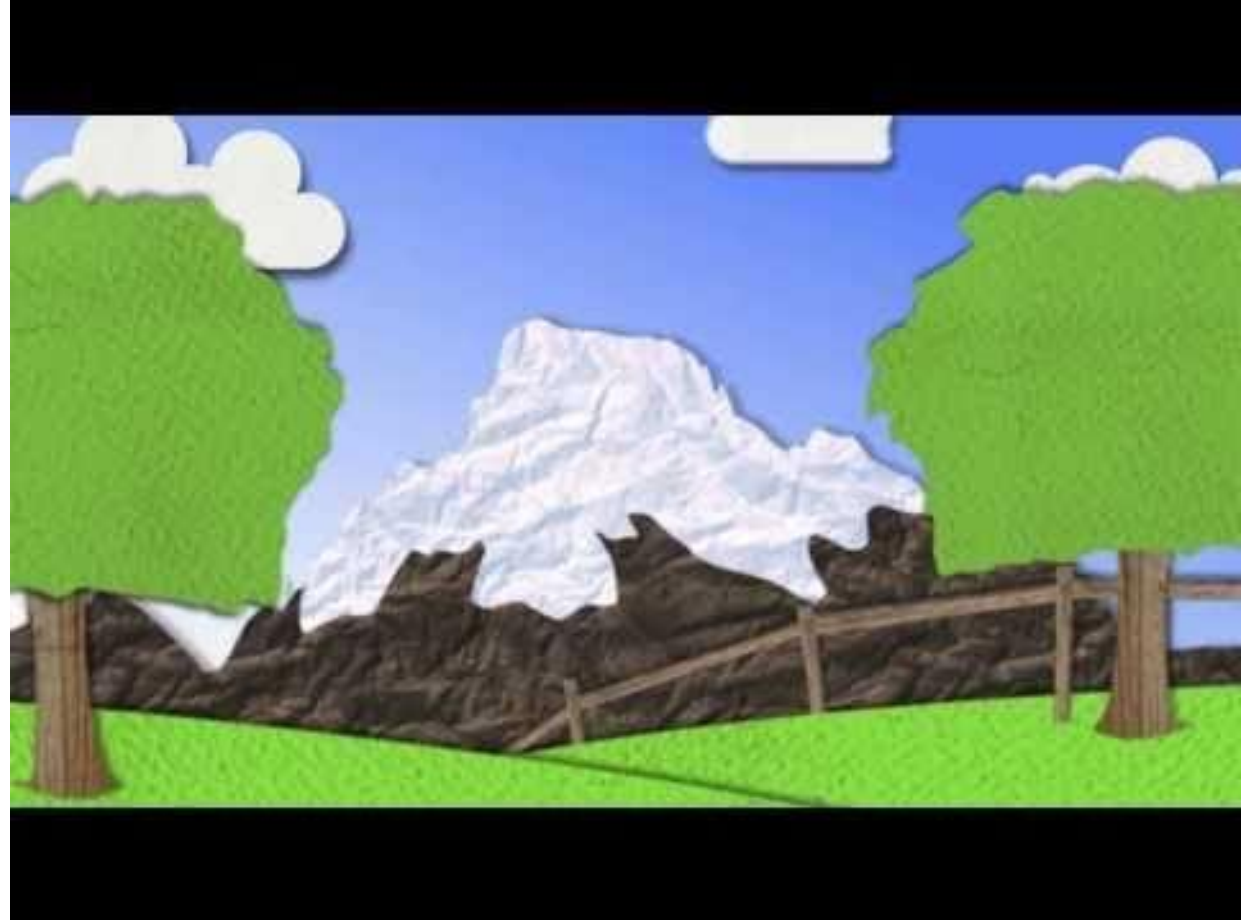


**1. WE LIVE IN A .... WORLD FULL OF...**

**2. WHAT HAS HAPPENED TO THE EARTH IN THE LAST FEW YEARS?  
(EX. HURRICANES)**

**3. HOW CAN YOU HELP THE EARTH? (VERBES)**

**4. WHAT CAN YOU RECYCLE?**





- 1. Why are there two trash bins?
- 2. What does the picture mean?
- 3. Can everything be recycled?
- 4. What can we recycle? Do you have any of it at home?
- 5. What is the recycling plant?
- 6. Describe the recycling process.
- 7. How can you recycle?



**61 BILLION CANS**

- **1. How many cans we recycled and where?**
- **2. What do they use to divide cans?**
- **3. Which cans are shredded into small pieces?**
- **4. What else can be recycled this way?**

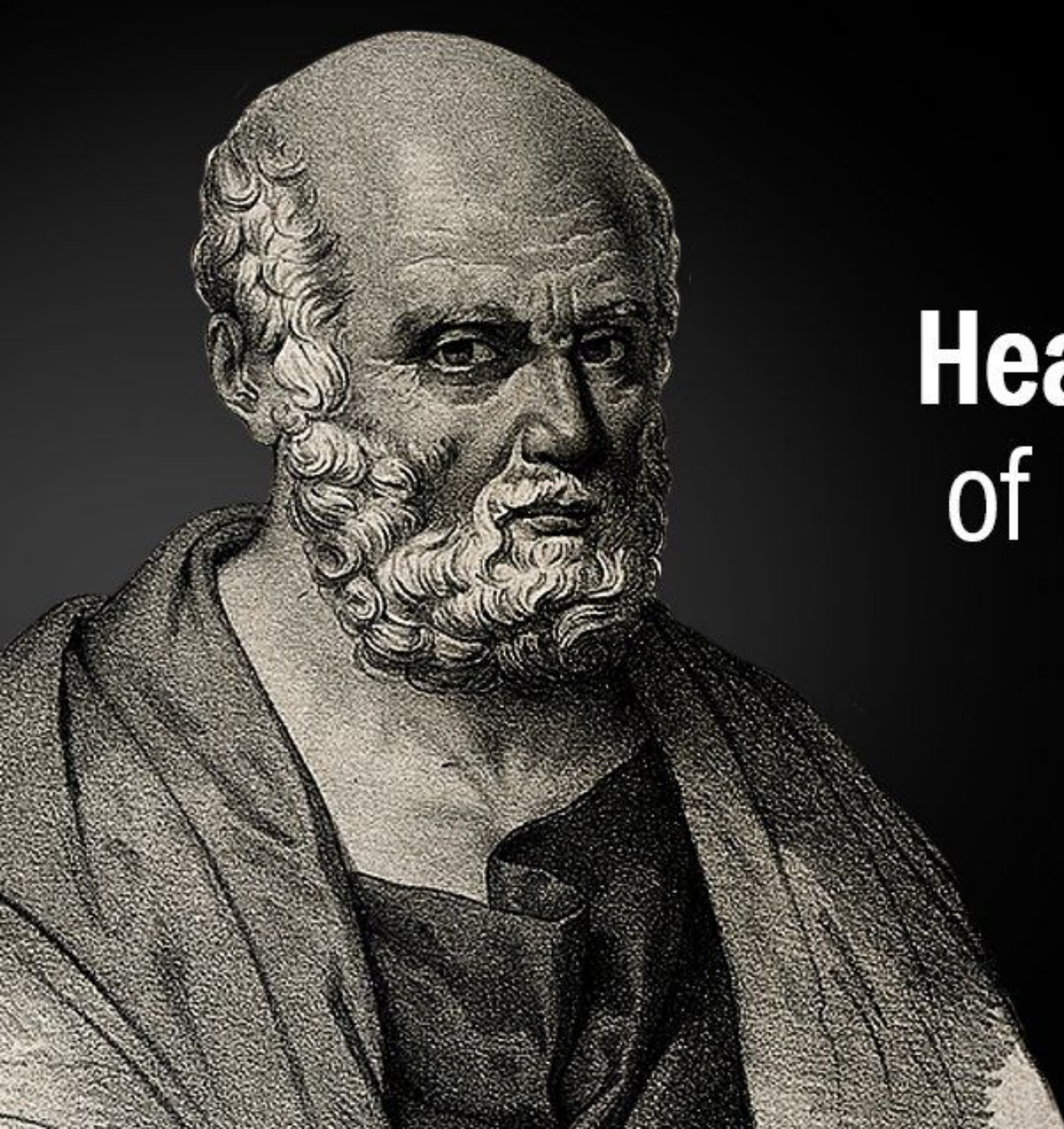
- 1. Who is she?
- 2. What is a natural solution for ecological problems?
- 3. Are there any more solutions?
- 4. Which essential parts of our life are gone?





GET SOME FOR  
YOURSELF!





**Health** is the greatest  
of human **blessings.**

– *Hippocrates*

- 1. Calories are the way of keeping track of the body's energy ....
- 2. A healthy balance = we ... about as much energy as we ...
- 3. What happens when we burn energy? (Use the word "fat".)
- 4. What is a calorie? (Use the word "measure").
- 5. How many calories are in the average pizza slice? Is it a lot?



Child	2-3	1000	1000-1400	1000-1400	
Fem				-1800	
		HOW MANY DO WE NEED?			-2200
	14-18	1800	2000	2400	
	19-30	2000	2000-2200	2400	
	31-50	1800	2000	2200	
	51+	1600	1800	2000-2200	
Male	4-8	1400	1400-1600	1600-2000	
	9-13	1800	1800-2200	2000-2600	
	14-18	2200	2400-2800	2800-3200	
	19-30	2400	2600-2800	3000	

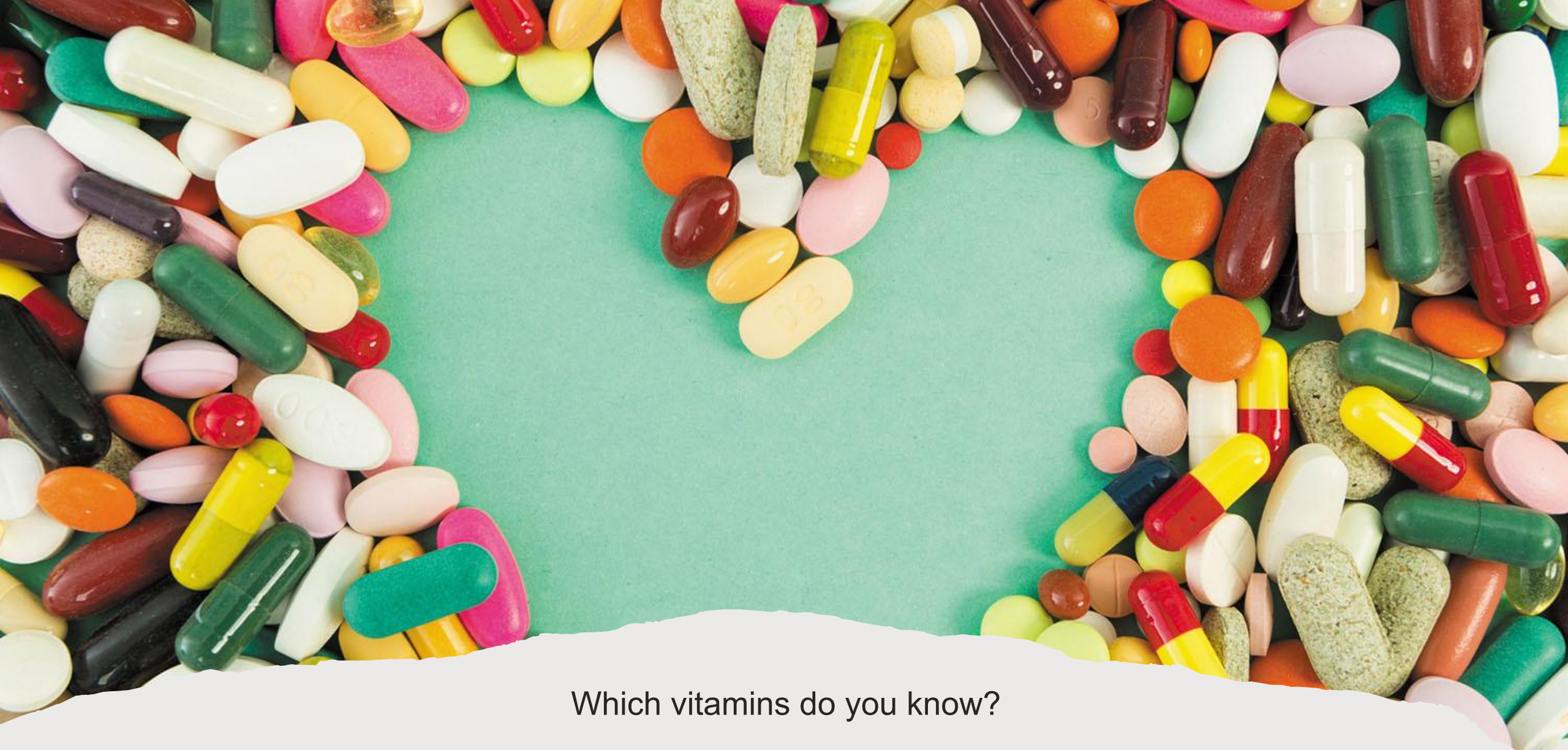
# LET'S HAVE A CLOSER LOOK!

• Male:

AGE	SEDENTARY	MODERATE	ACTIVE
2-3	1000	1000-1400	1000-1400
4-8	1200	1400-1600	1400-1800
9-13	1600	1600-2000	1800-2200
14-18	1800	2000	2400
19-30	2000	2000-2200	2400
31-50	1800	2000	2200
51+	1600	1800	2000-2200

• Female:

4-8	1400	1400-1600	1600-2000
9-13	1800	1800-2200	2000-2600
14-18	2200	2400-2800	2800-3200
19-30	2400	2600-2800	3000
31-50	2200	2400-2600	2800-3000
51+	2000	2200-2400	2400-2800



Which vitamins do you know?

**CONCERNING VITAMINS.**

- 1. **Vitamins are essential nutrients ... by the body.**
- 2. **Why do we need vitamins? (3 options: to grow, d....., f..... n.....)**
- 3. **How many vitamins does the body need?**
- 4. **Where can we find water-soluble vitamins?**
- 5. **Do we need them regularly?**
- 6. **Why do we need vitamins B? What are their functions?**



## All Vitamins

were discovered in the span of 28 years. The first vitamin, Vitamin A, was identified in 1913 and the last one, Folic Acid, in 1941.



## Kiwis & Strawberries

contain almost twice as much Vitamin C as oranges.



## Polar Bear

liver is so rich in Vitamin A that eating an entire polar bear liver can be fatal to humans.



## Most Vitamin D3

supplements are derived from Lanolin, which is the wax found on sheep wool.





## Vitamin A

plays an important role in gene transcription.



## Vitamin C

helps produce collagen, which works like super-glue that keeps cells together.



## The B Vitamins

help your body produce energy.



## Sunscreen

reduces your skin's ability to produce Vitamin D by up to 95%, which may lead to Vitamin D deficiency.



# WHAT DO WE NEED?



## V Food and nutrition

### 3 Choose the correct words.

- 1 Men need to have 2,500 **salt** / **calories** a day. Women only need 2,000.
- 2 One apple contains six different **vitamins** / **nutrients**, including A and C.
- 3 Without **carbohydrates** / **additives**, cola wouldn't be brown and mint ice cream wouldn't be green.
- 4 All fizzy drinks contain **minerals** / **sugar**. Even tonic water, which doesn't taste sweet, has about thirty grams in it.
- 5 **Minerals** / **Protein** is good for your nails and hair. Beef contains the most of all meat products.
- 6 **Fats** / **Nutrients** from vegetable sources, like nuts and olives, are healthier than those from animals.



WHAT DO WE NEED?



TEST YOUR KNOWLEDGE

## CAN YOU NAME THEM ALL?



- 1. The global temperatures are rising, and are estimated to increase from 2.6 degrees Celsius to 4.8 degrees Celsius by 2100. This would cause more severe weather, crises with food and resources and the spread of diseases.
- It is CLIMATE CHANGE.
- 2. It is one of the most difficult global issues to combat, as the umbrella term refers to ocean litter, pesticides and fertilizers, air, light and noise \_\_\_\_\_.
- It is POLLUTION.

- 3. This term refers to the rise of the Earth's climate system's average temperature, caused by humans.

- It's GLOBAL WARMING.

- 4. It's devastating to hear that areas that are covered by trees are taking only 30 percent of the Earth's surface and that they are diminishing more and more because people are cutting them for different reasons, without even thinking about the consequences of their actions.

- It's DEFORESTATION.





- 5. A third of the food intended for human consumption – around 1.3 billion tons – is wasted or lost. This is enough to feed 3 billion people. Food waste and loss accounts for 4.4 gigatons of greenhouse gas emissions annually; if it was a country, food waste would be the third highest emitter of greenhouse gases, behind China and the US.
- It's FOOD WASTE.
- 6. The climate crisis is warming the Arctic more than twice as fast as anywhere else on the planet. Seas are now rising an average of 3.2 mm per year globally, and are predicted to climb to a total of 0.2 to 2m by 2100. In the Arctic, the Greenland Ice Sheet poses the greatest risk for sea levels because melting land ice is the main cause of rising sea levels.
- It's SEA LEVEL RISING.

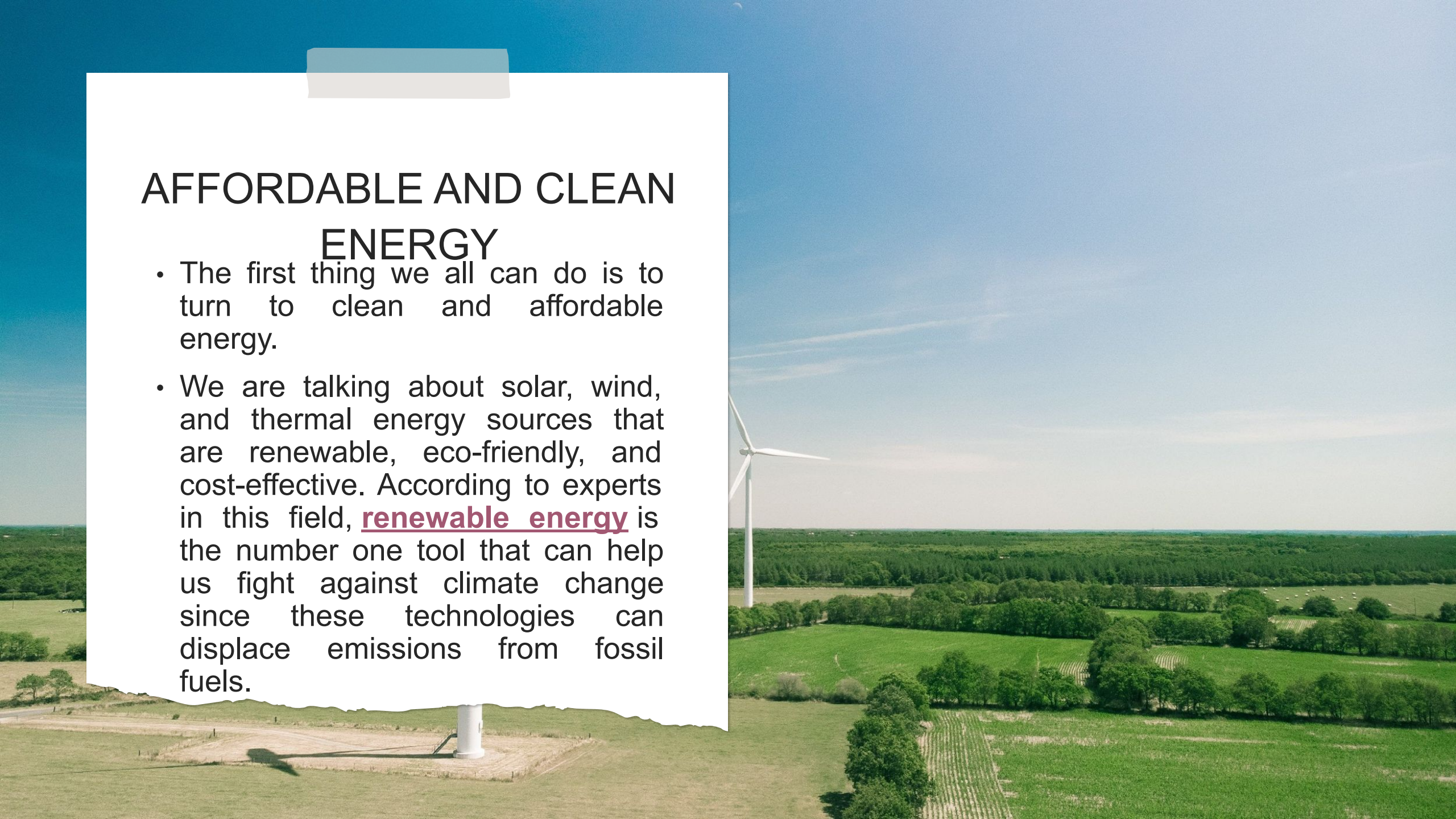


**CHOOSE ONE SOLUTION AND DWELL ON IT:**



# AFFORDABLE AND CLEAN ENERGY

- The first thing we all can do is to turn to clean and affordable energy.
- We are talking about solar, wind, and thermal energy sources that are renewable, eco-friendly, and cost-effective. According to experts in this field, renewable energy is the number one tool that can help us fight against climate change since these technologies can displace emissions from fossil fuels.



# SUSTAINABLE HOMES

- It is a well-known fact that traditional households contribute to CO2 emission and the greenhouse effect, just like global warming, and that it is essential to shift to sustainable homes in order to regain natural sources balance and protect our health. These houses are environmentally healthy, energy-efficient, and as comfortable and regular ones, and they are based on alternative energy resources.



# CONSERVING THE NATURAL RESOURCES

- You wouldn't believe how conservation of natural sources can help with this matter. That's the process of rational usage and preservation of our environment and everything it has to give. Many natural resources are non-renewable, and their extensive usage is disturbing the natural balance, which leads to some serious consequences regarding our life on the planet. Some ways in which we can contribute when it comes to conserving natural sources are recycling, protecting our forests, driving fewer cars, buying fewer things or at least purchasing products made of recycled materials, conserving energy at home, etc.





## IMPROVED FOOD PRODUCTION

- Food production is one of the biggest factors of climate change. Since it is creating huge environmental damage in the form of polluting the environment, the recommendation is to change the global diets towards planet-based nutrition with less animal-based food, highly processed foods, refined grains, added sugars, etc. The other solution is to reduce food waste, to apply new technologies of agriculture, to adopt water conservation, and improve the irrigation systems.

WRITE DOWN ALL THE WORDS WHICH ARE  
CONNECTED WITH ECOLOGY.



WHAT ARE 10 EASY  
WAYS TO LOOK AFTER  
THE ENVIRONMENT?



# the ultimate nutrition guide



Fats



Vitamins



Minerals



Proteins



Water



WHAT DO WE NEED TO STAY HEALTHY?

# 4 Ways to Stay Healthy



Make sure you are **getting plenty of exercise** on a daily basis

Have a **healthy and nutritious diet** that you can stick to



HEALTHY FOOD



**Vitamins** are a great way supplement your diet

Go out and **enjoy life**



# WHAT HELPS YOU TO STAY HEALTHY?