



Stopwatch

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**Student's Book
& Workbook**

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How
much do
we **Care**?



Know Your Footprint

Carbon dioxide, or CO₂, is a gas in our atmosphere. Too much CO₂ can cause severe changes in our planet's climate! **Reduce carbon emissions** today!



Use Less Fuel

Most vehicles **use fossil fuels** and produce a lot of CO₂. Take the bus or **carpool**—it's more efficient!



Conserve Water

Take short showers and don't use more water than necessary.



Save Electricity

Most **power plants** generate electricity using fossil fuels. Save electricity by turning off lights and appliances when you aren't using them.



Plant Trees

Trees absorb carbon dioxide, protect the **soil** and keep temperatures cooler in the summer. Plant one today!



Use Clean Energy

Solar panels and wind turbines don't **pollute the environment**.



Recycle

Where does your garbage go? Every day, cities **send** tons of **rubbish to landfills**. But many materials shouldn't go there—they can be used again. Recycle paper, plastic, **glass** and metal.

1 Look at the pictures and circle the correct option.

1



conserve water / pollute the environment

2



use fossil fuels / plant trees

3



recycle / send rubbish to landfills

4



save electricity / use clean energy

2 Complete the phrases. Then tick (✓) the actions that help the environment.

1. _____ trees
2. _____ electricity
3. _____ the environment
4. _____ your carbon footprint
5. conserve _____
6. send rubbish to _____
7. use clean _____
8. use fossil _____





Guess What!

Our *carbon footprint* is the amount of carbon dioxide we produce.

3 Match the verbs with the definitions.


- | | |
|-------------|---|
| 1. conserve | to protect a natural resource |
| 2. save | to introduce garbage and chemicals to a place |
| 3. recycle | to put something in the ground to grow |
| 4. pollute | to use less of something |
| 5. plant | to transform objects into new things |

4  19 Listen and number the suggestions.

- | | | | |
|---|---|--|---|
|  |  |  |  |
| <input type="checkbox"/> Eat less meat. | <input type="checkbox"/> Wear a sweater. | <input type="checkbox"/> Buy a new car. | <input type="checkbox"/> Read a book. |

3 min **5 Think Fast!** Read and tick (✓) about you. Then calculate your score.

Guess What!
Fossil fuels like oil and gas come from plants that were alive millions of years ago!



How much do you care about the environment?

	Always (+5)	Sometimes (+3)	Never (0)
1. I use public transportation.	_____	_____	_____
2. I use only the water that I need.	_____	_____	_____
3. I recycle plastic, glass, metal and paper.	_____	_____	_____
4. I save energy by turning off lights.	_____	_____	_____
5. My family uses modern light bulbs.	_____	_____	_____
6. We sort our rubbish at home.	_____	_____	_____

Scores: 24–30 points → Awesome! / 15–23 points → Not bad! / 0–15 → Try a little harder!

Glossary

- carpool:** to arrange to travel together in the same car
- power plants:** factories that generate electricity
- soil:** earth; land
- landfill:** place where rubbish is buried
- glass:** a hard transparent material

1 Look at the pictures and mark (✓) the actions that help the environment and (x) actions that pollute the environment.



44 2 Read the Ask Miss Eco column. Identify and discuss four environmental problems mentioned.



Ask Miss Eco

Hi. My mum says I should pick up my dog's waste. I don't understand what harm it does. If I don't clean it, what will happen? (Danny 14)

Your mum's right, Danny. Dog poop not only smells, but it also contains parasites and can cause infections in humans and animals. It also pollutes water. If more people pick up after their dogs, the city will be much cleaner. As a dog owner, it's your responsibility!

Someone told me that noise pollution can cause physical damage. What will happen if I listen to loud music? (Carol, 15)

If you listen to loud music, especially with headphones on, you will have permanent hearing problems by the age of 40. There is already a lot of noise around you—planes, cars, motorcycles, radios and heavy machinery—these all cause noise pollution.

I heard the term 'light pollution.' Does this kind of pollution really exist? (Theo, 13)

That's an interesting question, Theo. Light pollution

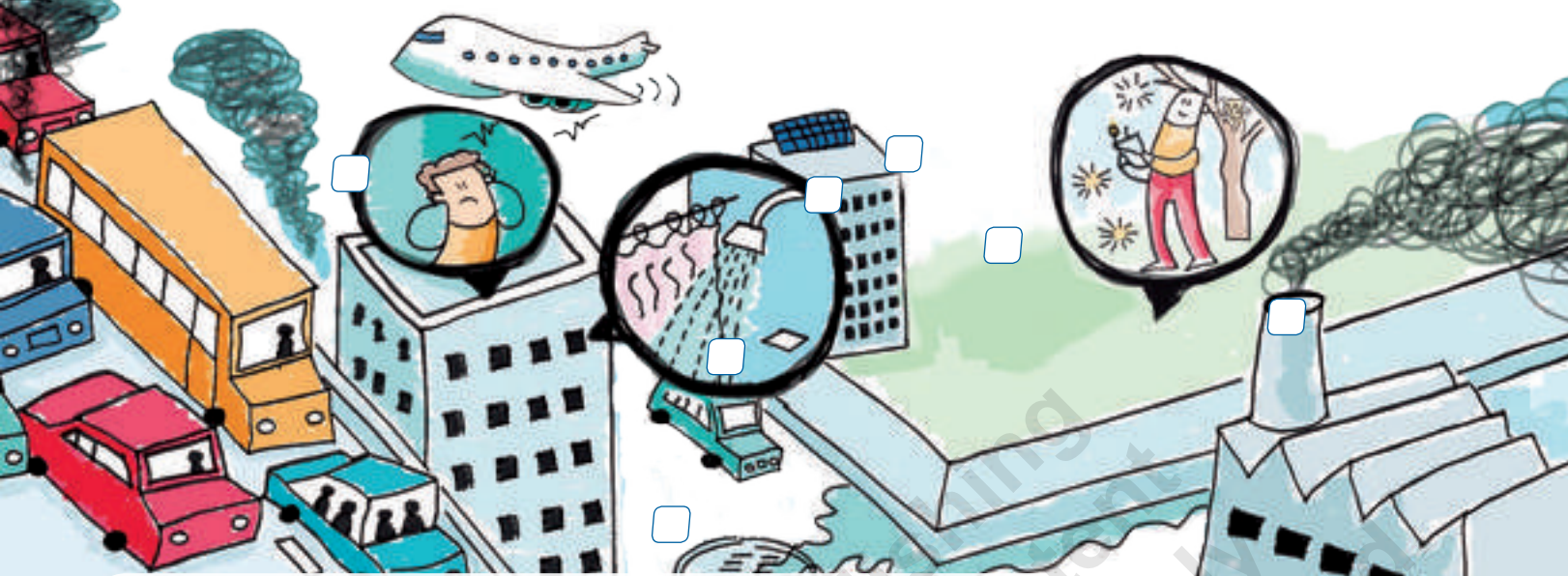
does exist. There are more and more lights everywhere. Artificial lights in towns and cities stop us from having a clear view of the sky. If we use lights everywhere, we will soon forget what a starry sky is!

If I take a shower every day, will I use less water than if I take a bath? (Olivia, 14)

That is correct, Olivia. You use 26 litres of water for a quick shower and about 94 litres of water for a bath. You will always use less water if you take showers than if you take a bath. But don't stay in the shower for more than 10 minutes!

What are the main causes of air pollution and what can I do? (Sean, 16)

Where do I start? Air pollution is caused mainly by emissions from factories and from burning fossil fuels like coal and gasoline. Cars produce a lot of bad gases, which causes air pollution. The next time your father or mother takes you to school, make sure you take a friend or two. If we share our cars, there will be fewer cars in the streets and less pollution in the air!



3 Read the magazine article again and complete the sentences.

1. If more people pick up their dogs' waste, _____.
2. What will happen _____?
3. _____, we will soon forget what a starry sky is!
4. _____, will I use less water than if I take a bath?
5. If we share our cars, _____.

4 ²⁰ Listen to the interview and tick (✓) the topics that the people talk about.

- washing the dishes plastic waste consuming energy
 washing clothes recycling waste using electricity at home

5 ²¹ Listen again and circle T (True) or F (False).

1. If we use compact fluorescent bulbs instead of regular lightbulbs, we will save 25% more energy. T F
2. Washing dishes by hand uses less water than a dishwasher. T F
3. Using cold water in a washing machine is not as good for washing clothes as using hot water. T F
4. The biggest user of energy at home is electrical equipment. T F
5. Every time we leave the fridge door open, we waste energy. T F

Conditional Sentences Type I

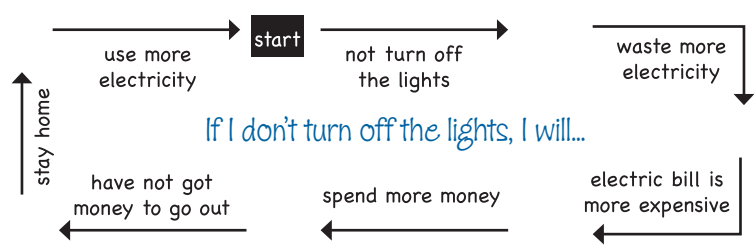
We use conditional sentences type I to talk about future possibilities:
If+Simple Present+Simple Future:

If we keep using cars, air pollution will get worse.

Simple Future+if+Simple Present:

There will be shortages if we continue to waste water.

5 min **6** Think Fast! Read the conditions and consequences. Then connect the sentences using the first conditional.



Guess What!
 In the United States, it takes 25 large power stations to provide electricity for all the fridges in the country for one year.

1 Look at the pictures and write the headings.

Being a Vegetarian Wearing Fur Coats
Keeping Animals in Zoos

I'm not against wearing animal fur. We use **leather** for shoes, belts and jackets—so why shouldn't we use fur for coats and hats?

I don't agree with killing animals for their fur. It's wrong and it's **cruel**. There are many alternatives that are **stylish** and warm.

Zoos are good for the environment. They help to conserve animals that are in danger in the wild. And they're a great way for kids to learn about wild animals.

I'm against having zoos. Animals are **confined** in small areas so they can't move freely. Besides, they are fed by humans, so they can't hunt for food. They will never be able to live in the wild again.

There are many reasons to be a vegetarian. Firstly, meat isn't good for our bodies. Secondly, it isn't right to kill animals for food. And finally, it requires a lot of water and land to keep animals. Growing **crops** is much less **wasteful**.

There's nothing wrong with eating meat. Humans are omnivores, and meat does have a lot of protein. Plus, it tastes really good!

2 Read the statements. Write A (Agree) or D (Disagree).





3 Read the statements on page 46 again. In pairs, discuss the arguments that sound more convincing.

4 Complete the opinion expressions.

1. There are _____
to be a vegetarian.
2. There's _____
with eating meat.
3. Zoos are _____
the environment.
4. I'm _____ having zoos.
5. I'm _____ wearing animal fur.
6. I _____ with killing animals
for their fur.

5 Choose a topic from page 46. Write a sentence to state your opinion using an expression from Activity 4.

6 Add two or three reasons to support your opinion.



7 **Stop and Think!** Discuss. How can you develop an informed opinion about something?



Be Strategic!

Be more persuasive. State your opinion in a clear way and give reasons to support your opinion.

8 In your notebook, write a short text giving your opinion on one of these topics:

- Animal hunting
- Battery disposal
- Consumerism

Glossary

- leather:** a material made from animal skin
- cruel:** causing pain and suffering
- stylish:** in style; fashionable
- confined:** locked in an area
- crops:** plants that are used for food
- wasteful:** using resources in an inefficient way



1 Read the sentences and number the photos.

1. In Japan, many businesses have got Maneki neko cat figures for good luck!
2. The people of Okinawa, in southern Japan, have got very distinct food. One dish is *umi budo*—a type of **seaweed** that tastes like **caviar**.
3. Sumo wrestling is a popular sport in Japan. Good sumo wrestlers should be very heavy. They **skip** breakfast and sleep after meals to help them gain weight!
4. In spring, white and pink cherry **blossoms** appear all over Japan. People have got picnics and parties in parks to enjoy them. There are even cherry-blossom flavoured snacks.



2 Read the article and discuss: is nuclear energy a good option? Why? / Why not?

Nuclear Energy in Japan

Japan is home to 127 million people, and it is about the size of the State of California. Japan hasn't got a lot of fossil fuels, so it needs to buy them from other countries to generate electricity. They have also got more than 50 nuclear reactors, which can generate energy without producing carbon emissions. But now they're only using a few of these reactors. What's happened?

In 2011, there was an earthquake near the coast of Japan. It was very powerful, measuring 9.0 on the Richter scale. The earthquake caused a tsunami that damaged some nuclear reactors at the Fukushima power plant. The damaged reactors emit *radiation*, energy particles that can make people very sick. Everyone who lived near the power plant was **evacuated**—nearly 450,000 people—and even after several years, more than 100,000 people can't return to their homes. In addition to this, the power plant continues



to **leak radioactive** water, which is regularly collected so that it doesn't flow into the ocean. It leaks several tons of contaminated water every day. Now a plan is in place to reduce the flow of water, but it will take about 30 to 40 years to clean up the site.

For this reason, people in Japan don't see nuclear energy as a safe option. What's more, they plan to close the last few nuclear power plants. Now they have got an opportunity to use and develop new forms of clean energy.

3  Listen and answer. Why is the town of Kamikatsu a special place?

4  Listen again and circle T (True) or F (False).

1. Kamikatsu is a small town in northern Japan. T F
2. The population of Kamikatsu is about 2,000. T F
3. They haven't got a garbage truck. T F
4. They wash their rubbish. T F
5. There are 20 recycling categories. T F
6. They make new items using old clothes. T F



5 Stop and Think! Discuss. How can you create less rubbish?

Glossary

seaweed: an ocean plant

caviar: fish eggs

skip: not to do something

blossoms: flowers

evacuated: moved to a safe place

leak: to lose liquid from a container

radioactive: contaminated with radiation

1 Look and match the symbols to the slogans.



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2 Listen to the scripts and tick (✓) the topics in Activity 1.

3 Number the missing fragments of each script. Then listen again and check.

1. Be cool. Don't litter. 2. garbage trucks don't collect 3. in bottles, bags
4. reduce, reuse and recycle 5. throw garbage out of their cars
6. will have less trash 7. will ever visit our area 8. sort our garbage

Script 1

In general, people in our community care about the environment. We ___ and take paper, plastic, glass and metal to the special **dumpster** to recycle. The problem is that the dumpster is always full because the ___ recycling every day. I really think they should, so that people don't have to leave the garbage around the dumpster. It is also important to reduce the number of containers we use. If we reuse containers, we ___. So remember: ___!

Script 2

A growing problem in our neighborhood is littering. Some people ___ or leave it in the park, on the grass. In some places, the ground is covered ___ and **wrappers**. It's **infuriating!** If people continue littering like this, no one ___, we will harm the wildlife and pollute the environment. We should work together, clean up the mess and live in a healthy and beautiful place. It is time to say: ___!

Guess What!

You don't need to be an important political figure to change your community. There are thousands—maybe millions—of teen activists in the world. They see a problem and look for a way to solve it.

Glossary

litter: throw garbage in public places

trash: garbage

dumpster: a large container for garbage

wrappers: covers for food items

infuriating: making someone very angry

4 Make a mini documentary film about your community.

1. Work with a group. Discuss different activities that help or hurt the environment in your community.
2. Choose one or more activities to feature in your mini documentary.
3. Write a script similar to the ones in Activity 3 for your video. Explain why an action may have a positive or negative impact.
4. Make a three minute video to present your information. Use images from the community to exemplify the activities.











1 Read and complete the sentences.

conserve emissions energy fossil landfills planting pollute saves

1. Many cars and buses use _____ fuels.
2. Turn off the lights when you leave a room. It _____ electricity.
3. Reuse and recycle. Send less rubbish to _____.
4. _____ water! It's a precious resource.
5. You can improve your neighbourhood by _____ trees.
6. Traditional power plants _____ the environment.
7. Use clean _____ like solar and wind energy.
8. Buying local products is a good way to reduce your carbon dioxide _____.

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2 Look and label the actions.

- 1  c _____ w _____
- 2  s _____ e _____
- 3  p _____ the e _____
- 4  r _____ c _____ e _____
- 5  s _____ r _____ to l _____
- 6  p _____ t _____
- 7  u _____ c _____ e _____
- 8  u _____ f _____ f _____

Is it too late
to **save**
the **planet?**



3 Read and circle the correct option.

The climate is changing. The arctic is warming. Some cities have got air pollution that makes people sick. Is it too late to save the planet? I don't think so. If we (1) **make** / **will make** changes now, we (2) **make** / **will make** a difference. With new technologies, we can reduce our carbon footprint to zero. It's easy to think only countries and companies can change things, but small decisions are important, too. We (3) **have** / **will have** a lot less rubbish if we (4) **start** / **will start** reusing and recycling more. And if we (5) **choose** / **will choose** earth-friendly products—without toxic chemicals or a large carbon footprint—companies (6) **make** / **will make** more earth-friendly products. If everyone (7) **cares** / **will care** about the environment, the situation (8) **improve** / **will improve**. Make a change today!

4 Unscramble the questions.

1. what / on / the / will / we / throw / happen / if / trash / ground / ?

The city will look dirty.

2. happen / what / if / the / we / pollute / will / air / ?

People will get sick.

3. pollute / what / happen / we / the / will / if / oceans / ?

Fish and animals will die.

4. recycle / will / happen / what / we / if / ?

We'll send less rubbish to landfills.

5. we / clean / happen / will / what / use / energy / if / ?

We'll have clean air and water.

5 Complete these sentences using your own ideas.

1. If I go to school by bike, _____ 3. If I win the lottery, _____

2. I won't help the planet if _____



1 Read and complete the sentences.

it will produce oxygen and clean the air
 you will keep them out of landfills
 you won't need any electricity or use any fossil fuels
 you can reduce your carbon footprint by 500%
 you will save up to 500 litres per month



Conserve Water

If you turn off the water when you wash your hair,

_____!



Stop Sending Rubbish to Landfills

Buy a cloth bag and use it when you shop. If you stop using plastic bags,

_____—and prevent

them from polluting the environment.



Reduce Carbon Emissions

If you eat vegetables instead of meat,

_____!



Save Electricity

You don't need to buy solar panels to use clean energy. If you use natural sunlight instead of a lamp,

_____!



Plant Something... Anything!

Planting trees helps the environment, but all plants do! If you keep a small plant in your house, _____.

2 Look and classify the recyclable materials (1=plastic, 2=paper, 3=glass).



water bottles



light bulbs



newspapers



jars



shampoo bottles



cardboard boxes



soft drink bottles



toilet paper rolls