

How much rubbish do you throw away each day? Lauren Singer studied environmental science and decided to change her lifestyle to try and produce less waste. She's now known as 'zero waste girl'!

Do the preparation task first. Then watch the video and do the exercise. Remember you can read the transcript at any time.

Preparation

Match the vocabulary with the correct definition and write a–j next to the numbers 1–10.

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|---------|---------------------------------|----|---|
| 1..... | a hypocrite | a. | rubbish (British English) |
| 2..... | organic | b. | New York University |
| 3..... | NYU | c. | someone who pretends to have qualities, beliefs or feelings that they do not really have |
| 4..... | to eliminate | d. | to buy something in large quantities |
| 5..... | a vegan | e. | a person's judgement of what is important in life |
| 6..... | garbage cans (American English) | f. | to remove or take away something |
| 7..... | trash (American English) | g. | a person who does not eat or use animal products |
| 8..... | compostable | h. | rubbish bins (British English) |
| 9..... | values | i. | grown or made without any artificial chemicals |
| 10..... | to buy in bulk | j. | something that will break down naturally and easily and can go back into the earth – similar to 'biodegradable' |

1. Check your understanding: multiple choice

Circle the best answer to these questions.

- How many pounds of rubbish a day does the average American produce?
 - 2.5 pounds (1.1 kilos)
 - 3.4 pounds (1.5 kilos)
 - 4.3 pounds (2.0 kilos)
- How many jars of rubbish did Lauren produce in two years?
 - 1
 - 2
 - 3

3. When did Lauren get the idea to become zero waste?
 - a. When she was a senior at YNU.
 - b. When she was a postgraduate at NYU.
 - c. When she was a senior at NYU.
4. Why did Lauren decide to change her lifestyle?
 - a. Because she felt like a hypocrite and wanted to live by her values.
 - b. Because she's allergic to plastic.
 - c. Because she wanted to become a famous vlogger.
5. By composting and buying in bulk, what percentage of her waste has she eliminated?
 - a. 80 per cent
 - b. 88 per cent
 - c. 90 per cent
6. What does Lauren use instead of a sponge?
 - a. A compostable dish brush
 - b. A compostable toothbrush
 - c. A compostable hairbrush
7. What ingredients does she use to make toothpaste?
 - a. Organic olive oil, baking soda and organic spearmint oil
 - b. Organic coconut oil, baking soda and organic peppermint oil
 - c. Organic corn oil, baking soda and organic peppermint oil
8. Why does Lauren suggest you should check out your garbage can or rubbish bin?
 - a. To see what food you are wasting.
 - b. To decide what products you can make yourself.
 - c. To see all the things you throw away so you can work out how to reduce waste.

Discussion

Do you think about how much waste you and your family create?

What do you think about Lauren's lifestyle?

Vocabulary Box

Write any new words you have learned in this lesson.