



Simple living to help the environment

By Le Vo

In pairs. Talk with your partner and answer these questions

How often do you?

How often do you	Never	Rarely	Quite Often	Often	Always
1. buy a lot of clothes that you					
2. buy a lot of food that you don't eat them all					
3. Celebrate parties with wrapping paper and disposable bags					

Read the text and answer these questions

- ▶ 1. Who is a minimalist?
- ▶ 2. What are the benefits of simple living lifestyle?
- ▶ 3. What are sustainable habits do some young people in Ho Chi Minh City practise?
- ▶ 4. How do minimalists ‘reuse instead of having new’?
- ▶ 5. Why do we need to celebrate parties which are more ‘green’?



A. Decide whether the following sentences are true (T) or false (F)

- ▶ 1. Simple living lifestyle can help save the environment _____
- ▶ 2. Minimalists buy whatever they like _____
- ▶ 3. When traveling for a short distance, Minh Le often rides his motorbike _____
- ▶ 4. Minimalists reuse the items instead of buying new ones _____
- ▶ 5. Exchanging books or clothes are examples of reuse. _____
- ▶ 6. 'Green parties' includes ordering food with wrapping paper _____
- ▶ 7. A lot of disposable plastic bag or packaging can be seen in the streets in the festival seasons _____

- ▶ 1. Simple living lifestyle can help save the environment T
- ▶ 2. Minimalists buy whatever they like. F
- ▶ 3. When traveling for a short distance, Minh Le often rides his motorbike. F
- ▶ 4. Minimalists reuse the items instead of buying new ones. T
- ▶ 5. Exchanging books or clothes are examples of reuse. T
- ▶ 6. 'Green parties' includes ordering food with wrapping paper. F
- ▶ 7. A lot of disposable plastic bag or packaging can be seen in the streets in the festival seasons. T

B. Word search

Find words or phrases in the article which fit these meanings

- ▶ 1. able to continue over a period of time _____ (paragraph B)
- ▶ 2. the amount used or eaten _____ (paragraph B)
- ▶ 3. reduce to the smallest possible amount _____ (paragraph B)
- ▶ 4. use again or more than once _____ (paragraph C)
- ▶ 5. the act of giving one thing and receiving another in return _____ (paragraph C)
- ▶ 6. a place where garbage is buried _____ (paragraph D)

- ▶ 1. able to continue over a period of time (paragraph B). **sustainable**
- ▶ 2. the amount used or eaten (paragraph B). **consumption**
- ▶ 3. reduce to the smallest possible amount (paragraph B) **minimize**
- ▶ 4. use again or more than once (paragraph C) **reuse**
- ▶ 5. the act of giving one thing and receiving another in return (paragraph C). **exchange**
- ▶ 6. a place where garbage is buried (paragraph D) **landfill**

C. Complete these sentences with appropriate adjectives.

- ▶ 1. Going to the shops nearby can help to _____ the use of bags to carry things.
- ▶ 2. A minimalist will not buy items which s/he knows s/he is _____ to wear more than once or twice.
- ▶ 3. We can _____ the water by watering the plants by the water we used to wash vegetables or fruit.

- ▶ 1. Going to the shops nearby can help to **reduce** the use of bags to carry things.
- ▶ 2. A minimalist will not buy items which s/he knows s/he is **unlikely** to wear more than once or twice.
- ▶ 3. We can **reuse** the water by watering the plants by the water we used to wash vegetables or fruit.

D. Discussion

- ▶ Discuss in your group to tell three things you can do to have a simple living lifestyle.

E. Writing

- ▶ Do you agree with the author's view that simple living lifestyle not only helps us happier and healthier, but also saves the environment? Write a short paragraph for your answer.