

Name: .....

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**1 Read the text. Choose the correct answers below (Right, Wrong or Does not say).**

In the last few years, people have become extremely worried about the problem of plastic pollution. We read about it in newspapers, and we hear politicians talking about it. Famous people encourage us to buy products that are good for the environment. Tens of millions of people around the world watched *Blue Planet II*, David Attenborough's TV series. They were shocked to see a bird feeding pieces of plastic to its babies because it thought that the plastic was food. We visit our favourite beach or we walk along a river and we see plastic in the water. The problem of plastic affects us all.

- |   |       |       |              |
|---|-------|-------|--------------|
| 1 Everyone is extremely worried about the problem of plastic. | Right | Wrong | Does not say |
| 2 Famous people want us to buy plastic.                       | Right | Wrong | Does not say |
| 3 David Attenborough helped to get people's attention.        | Right | Wrong | Does not say |
| 4 Some birds think plastic is good food for their babies.     | Right | Wrong | Does not say |
| 5 There is plastic in the water around us.                    | Right | Wrong | Does not say |
| 6 The problem of plastic only affects some people.            | Right | Wrong | Does not say |

...../6

**2 Tick  the four examples of single-use plastic in the introduction.**

- |                      |                          |                    |                          |              |                          |
|----------------------|--------------------------|--------------------|--------------------------|--------------|--------------------------|
| coffee cups          | <input type="checkbox"/> | kitchen containers | <input type="checkbox"/> | straws       | <input type="checkbox"/> |
| reusable coffee cups | <input type="checkbox"/> | lunchboxes         | <input type="checkbox"/> | plastic bags | <input type="checkbox"/> |
| plastic packaging    | <input type="checkbox"/> |                    |                          |              |                          |

...../4

**3 According to Chapter One, who should share responsibility for the plastic problem?**

- 1 .....
- 2 .....
- 3 .....

...../3

**4 Match the words with the definitions. Draw lines between them.**

- |                  |   |
|------------------|---|
| 1 waste trade    | <b>a</b> the second-largest fish in the world   |
| 2 basking sharks | <b>b</b> the world's largest seabird  |
| 3 microplastics  | <b>c</b> When countries sell their waste to other countries.                              |
| 4 albatross      | <b>d</b> According to Tiza Mafira, these are the best solution to the problem of plastic. |
| 5 microfibrres   | <b>e</b> tiny pieces of plastic   |
| 6 bans           | <b>f</b> A type of microplastic used to make clothes.                                     |

...../6

**5 Answer the questions from Chapter Two. Choose numbers from the box.**

80%      90%      450      105 billion      360 million      38 billion

- 1 How many plastic bottles are made by Coca-Cola every year? .....
- 2 How many pieces of plastic were found on Henderson Island in the South Pacific, where no people live? .....
- 3 How many tonnes of plastic are produced every year? .....
- 4 How many years does it take for a plastic bottle to break down in the ocean? .....
- 5 How many seabirds have plastic in their stomach? .....
- 6 How much plastic in the ocean comes from the land? .....

...../6

**6 Read the questions and choose the correct answers (a, b or c).**

- 1 How long is a plastic shopping bag normally used for?  

<b>a</b> 3 minutes	<b>b</b> 15 minutes	<b>c</b> 1 hour
--------------------	---------------------	-----------------
- 2 How long do scientists estimate that it will take for a plastic bag to break down?  

<b>a</b> 10–100 years	<b>b</b> 100–500 years	<b>c</b> 500–1,000 years
-----------------------	------------------------	--------------------------
- 3 What is reducing how much plastic enters the oceans?  

<b>a</b> free plastic bags	<b>b</b> bans on plastic bags	<b>c</b> more expensive plastic bags
----------------------------	-------------------------------	--------------------------------------
- 4 How many countries agreed that there is a problem in Nairobi in 2017?  

<b>a</b> none	<b>b</b> 152	<b>c</b> 193
---------------	--------------	--------------
- 5 How many of the countries in question 4 also agreed to reduce plastic entering the ocean?  

<b>a</b> 39	<b>b</b> 152	<b>c</b> 193
-------------	--------------	--------------
- 6 Over two million people have tried to have one month without plastic. Which month do they do it?  

<b>a</b> January	<b>b</b> July	<b>c</b> September
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...../6

**7 Write Bangladesh, Morocco or the United States.**

- 1 ..... is the largest user of plastic bags in the world.
- 2 ..... was the second-largest user of plastic bags in the world.
- 3 ..... was the first country that banned plastic bags.
- 4 ..... introduced a ban on plastic bags in 2016.
- 5 Before the ban, ..... used three billion plastic bags every year or 900 bags per person a year.

...../5

**8 Complete the promise with the missing words.**

From today, I promise <sup>1</sup>..... I will do my best to give up plastic, although it will not be easy or quick, and sometimes it <sup>2</sup>..... not be possible. I promise to:

- say <sup>3</sup>..... to plastic <sup>4</sup>..... I can, for example not using plastic straws, bags, coffee cups or bottles;
- reduce my plastic footprint <sup>5</sup>..... I can by choosing products not made of plastic;
- reuse plastic products, like containers, <sup>6</sup>..... I cannot say no to them or reduce my use of them;
- recycle or reuse everything <sup>7</sup>..... I can;
- tell everyone I know about <sup>8</sup>..... I am getting rid of plastic and encourage them to join me!

...../8

**9 Kids Against Plastic is a campaign group. Answer the questions about them.**

1 What are the Big 4 plastic products?

.....

2 How many pieces of plastic have Kids Against Plastic picked up?

.....

3 What does “Plastic Clever” mean?

.....

4 Who have the sisters helped become Plastic Clever?

.....

5 How can you become Plastic Clever?

.....

...../5

10 In Chapter Five, Will McCallum tells people what to do. Change his direct advice into reported speech. Start your sentences with “He told us...”.

1 “Be sure that they do not use plastic packaging.”

.....

2 “Try a natural sponge called a loofah.”

.....

3 “Write to the producer of your favourite make-up and tell them to stop using plastic.”

.....

4 “Go plastic-free with reusable cotton pads.”

.....

5 “Do not worry!”

.....

6 “Do not buy single-use razors.”

.....

...../6

11 Complete the text. Use the correct forms of the verbs in brackets.

It is a surprise for most people that the clothes they wear <sup>1</sup>..... (produce) a lot of the plastic in the ocean. It <sup>2</sup>..... (estimate) that seventy-four million tonnes of plastic <sup>3</sup>..... (produce) for clothes in 2018. If you are in a shop, looking for clothes made of natural materials and all the clothes <sup>4</sup>..... (make) of plastic, then <sup>5</sup>..... (tell) the shop that you <sup>6</sup>..... (be) not happy about it! The more people who <sup>7</sup>..... (complain), the more these shops <sup>8</sup>..... (listen) to us.

...../8

**12 Circle the correct words.**

- 1 More than one-third of the plastic in the ocean comes from our clothes when we **throw them away** / **wash them**.
- 2 Bigger sea animals eat the **plankton** / **plastic** and the plastic enters their bodies.
- 3 A reusable face mask made of a natural material like cotton can be as **dangerous** / **useful** as a single-use plastic one, if you wash it correctly.
- 4 **Reduce** / **Recycle** how many clothes you buy, fix your old clothes and, even if the fashion changes, keep your clothes from last year.
- 5 Try to buy clothes made of natural materials like **polyester** / **wool and cotton**.
- 6 Sadly, clothes made of natural materials are often more expensive, **and they do not last a long time** / **but they last a long time**.

...../6

**13 Read the text. Choose the correct description (a, b or c).**

**IF YOU SPEAK TO ANY OF THE BIG SUPERMARKETS ABOUT REDUCING PLASTIC PACKAGING, YOU OFTEN HEAR THE SAME THING: WITHOUT PLASTIC PACKAGING, THERE WOULD BE 40% MORE FOOD WASTE. THEY SAY THAT THIS IS BECAUSE, WITHOUT PLASTIC PACKAGING, FOOD IS MORE EASILY DAMAGED. BUT THIS IS NOT TRUE. A REPORT BY FRIENDS OF THE EARTH FOUND THAT AS PLASTIC PACKAGING HAS INCREASED, FOOD WASTE HAS INCREASED, TOO. FOOD WASTE IN EUROPEAN HOMES DOUBLED BETWEEN 2004 AND 2014, WHILE PLASTIC PACKAGING INCREASED BY MORE THAN 25%.**

According to the text:

- a Less plastic packaging makes more food waste.
- b Plastic packaging damages fruit.
- c Food waste has increased as plastic packaging has increased.

...../1

**14 Match the products with the advice from Chapter Seven.**

- |                      |       |                     |       |
|----------------------|-------|---------------------|-------|
| 1 snacks             | ..... | 2 plastic packaging | ..... |
| 3 teabags            | ..... | 4 milk              | ..... |
| 5 plastic containers | ..... | 6 wet wipes         | ..... |

- a If the packaging for your favourite type does not say that it is plastic-free, look online.
- b Keep food in glass containers.
- c Look for the recycling symbol and only buy products with this symbol.
- d Find cloths made from natural materials like cotton or wool, and then wash and reuse them.
- e Buy fresh food and make your own.
- f Can you buy it in glass bottles?

...../6

**15 Complete the conversation. Choose the best answers (a–h) below. There are two extra answers.**

Will McCallum: Who are you?

Bonnie Wright: <sup>1</sup> .....

Will McCallum: Why do you care about plastic so much?

Bonnie Wright: <sup>2</sup> .....

Will McCallum: Where is the worst example of plastic pollution you've seen?

Bonnie Wright: <sup>3</sup> .....

Will McCallum: What makes you most angry?

Bonnie Wright: <sup>4</sup> .....

Will McCallum: What makes it difficult to get rid of plastic?

Bonnie Wright: <sup>5</sup> .....

Will McCallum: Do you have any other message for people?

Bonnie Wright: <sup>6</sup> .....

- a Why do we need plastic packaging for fruit?
- b I found a company that sends you shampoo in the post and you send back the metal containers.
- c I surf and I'm often in the water, so I see plastic pollution a lot.
- d Plastic is a really big problem but small changes make a difference.
- e I was on a Greenpeace ship between the Bahamas and Miami.
- f We might be able to choose to use a recyclable cup or reusable bag but many people in the world can't.
- g I'm an oceans campaigner and an actor.
- h I'm slowly starting to get rid of plastic in my house.

...../6

**16 Complete the text. Choose from the sentences (a–g) below.**

About 500 billion plastic bottles are sold every year <sup>1</sup> ..... . If you put them in a line, they would reach halfway to the sun. In the past we did not use plastic bottles; <sup>2</sup> ..... . In some parts of the world, like Africa and Latin America, glass bottles are often still used, <sup>3</sup> ..... . They should continue to do this <sup>4</sup> .....

If you do buy a plastic bottle, <sup>5</sup> ..... . If you can, take it home and put it in your recycling bin. <sup>6</sup> ..... . A deposit scheme is where you pay a little extra for the bottle and then get that money back when you return the bottle to the shop. <sup>7</sup> .....

- a If you are lucky and you live in an area with a deposit scheme, then use it.
- b for example for milk or juice.
- c we used glass ones.
- d These schemes are a very good way of reducing the number of bottles that enter the environment.
- e and not start using plastic instead.
- f do not drop it as litter.
- g – that's 20,000 a second!

...../7

**17 Complete the text. Choose the correct words from the box.**

- |            |              |          |        |         |            |
|------------|--------------|----------|--------|---------|------------|
| 1 a All of | 2 a Although | 3 a even | 4 a Of | 5 a the | 6 a very   |
| b Both     | b Even       | b also   | b Out  | b one   | b much     |
| c None     | c Myself     | c very   | c Off  | c a     | c a little |
| d Most     | d Though     | d too    | d All  | d all   | d a lot    |

We see it everywhere – people going to work, school or college with a coffee cup in their hand. <sup>1</sup> ..... of them do not realize there is a problem with these cups. <sup>2</sup> ..... I thought they were all right. But they are not. They are made of cardboard but inside there is <sup>3</sup> ..... thin plastic. For this reason, most of them are not recyclable. <sup>4</sup> ..... the 2.5 billion coffee cups that British people use every year, only 0.25% are recycled. Starbucks uses over four billion coffee cups <sup>5</sup> ..... year and it is not doing <sup>6</sup> ..... to reduce this huge number.

...../6

**18 Complete the sentences. Choose the correct words from the box. There are two extra words.**

- refill    product    straws    ban    disabled    discount    produce    plastic

- Most plastic-free ..... can't be used over 40°C.
- We are asking companies to ..... a plastic-free straw that can be used with hot and cold drinks.
- Everyone must work together to ask companies to find a solution that is good for everyone, including ..... people.
- If you buy a bottle of water every day, then just ..... your reusable bottle every morning at home and you will already reduce your plastic footprint by 365 bottles a year.
- Many coffee shops give you a ..... if you bring your own cup, so you could save money as well.
- Plastic bags are probably the most used single-use plastic ..... in the world.

...../6

**19 Complete the sentences. Use one, two or three words.**

- For the baby in the family, parents could choose ..... cloth nappies.
- Here are some ideas for ..... plastic when playing sports or with toys.
- Buy second-hand (.....) toys and sports products.
- When you are bored ..... them, you can sell them or give them to someone.
- Make pom-poms, ..... are balls made using wool and a cardboard circle.
- Lots of the wrapping paper we use has ..... so it cannot be recycled.

...../6

**20 Rewrite the sentences. Choose the correct words to replace the underlined words.**

break down      taken away      give up      throw away      write down      put up

1 90% of nappies go to landfill where they will take over 500 years to disappear.  
.....

2 Glitter is beautiful but it is made of thousands of pieces of plastic and is washed down the drain or moved to another place by the wind.  
.....

3 Put on paper the changes that you or your parents will make to use less plastic.  
.....

4 Where you work or study, put on the wall a poster about plastic pollution.  
.....

5 Start by encouraging people to stop using the top five products: plastic bags, bottles, coffee cups, straws and cutlery.  
.....

6 If they do this, they will have less rubbish to send to landfill sites.  
.....

...../6

**21 Complete the sentences. Write *plastic, plastic-free or single-use*.**

- 1 Use questions like “Do you want to learn how to give up .....?”
- 2 You could ask businesses to give you a discount if you buy a large number of their ..... products for everyone.
- 3 If you are starting a ..... campaign, can your manager or director help you?
- 4 If they do this, their workers or students will not use ..... water bottles any more.
- 5 See which class or group can produce the least ..... waste.
- 6 And why not have a ..... lunch together?
- 7 Walk around your place of study or work, or your parents’ work, and find all the ..... plastic in use.

...../7



**22 Answer the questions about planning a beach clean.**

1 When is the best time to do a beach clean?

.....

2 What should the tide be doing during your beach clean?

.....

3 Who do you need to ask if it's OK to do a beach clean?

.....

4 How can you encourage people to help you?

.....

5 What is a press release?

.....

6 Which things should people bring on the big day?

.....

7 Why should people not bring plastic gloves, do you think?

.....

...../7

**23 Complete the sentences about running a campaign in your community. Choose the correct words from the box.**

choose      remember      tell      think      be      read      correct

1 ..... about the plastic on your streets – who can stop it?

2 ..... businesses and politicians in your area that they should build more water fountains.

3 If you are not sure who to talk to, ..... the most important person.

4 ..... about other people's campaigns to get ideas.

5 ..... personal – in other words, talk about your own experiences – because then your reader will be more interested in you and in your campaign.

6 ..... your grammar and spelling (or ask a friend to help you).

7 Finally, ..... to be polite.

...../7

**24 Write T (true) or F (false).**

- 1 This book promises that you will give up plastic. ....
- 2 We must work together to give up plastic. ....
- 3 One person's actions are not important. ....
- 4 We can make a difference together. ....
- 5 Sitting at home and worrying about the problem of plastic will not help. ....
- 6 Just do what you can. You don't need to ask anyone else to take action. ....

...../6

**25 Rewrite the two sentences as one. Use "so that".**

- 1 You can see how much plastic you use. Take photos of your plastic waste.

Take .....

- 2 Others can join you. Take a photo of your plan and share it online.

Take .....

- 3 Your family can reduce its plastic footprint. Here is how to make some changes.

Here .....

- 4 Customers or future students can see the changes that they have made. Your company or school could post on social media.

Your .....

- 5 Important people listen to us. We need to work together.

We .....

...../5

**26 Complete the sentences with the correct comparative and superlative adjectives formed from the adjectives in brackets.**

- 1 Coca-Cola is the world's ..... (**large**) producer of plastic bottles.
- 2 Every year, we produce 360 million tonnes of plastic, which is ..... (**heavy**) than every human on Earth put together.
- 3 Countries in ..... (**poor**) parts of the world often have problems because of plastic made by companies in richer countries.
- 4 Use a cold wash or at least the ..... (**cold**) wash you can.
- 5 Buying food that is fresh is the ..... (**easy**) way to reduce your plastic use.
- 6 We must remember that plastic has made life ..... (**easy**) for many people.
- 7 It is often the ..... (**poor**) people in the world who are affected most negatively by plastic pollution.
- 8 Together, we can make a ..... (**good**) world.

...../8

**27 Write the passive form of the sentences.**

1 You use cotton buds to clean your ears or take off make-up.

.....

2 People often put wet wipes down the toilet, and later find them on beaches.

.....

3 People use over 500 billion plastic bags every year around the world – that is at least one million every minute.

.....

4 In many places around the world, people still sell milk in glass bottles.

.....

5 People return the bottles after use, wash them and use them again.

.....

6 People sell about 500 billion plastic bottles every year – that’s 20,000 a second!

.....

...../6

**28 Complete the sentences with words that use a stem and a suffix from the table.**

Stem			Suffix	
reuse	care	refill	-able	-fully
pain	recycle			

1 After you have finished your letter, read it again .....

2 Choose a drinks bottle made from 100% ..... plastic.

3 I always carry a ..... bag.

4 There is a YouTube video of a plastic straw being ..... taken out of a turtle’s nose.

5 Over the past ten years, these companies have sold fewer ..... bottles and more single-use bottles.

...../5

**29 Match the words in bold with the definitions.**

- 1 If we drop plastic **litter**, the wind takes it into rivers and it goes into the ocean. ....
  - 2 You can use **solid** soap, shower gel, shampoo and deodorant instead. ....
  - 3 Doctors say that it is better to wash without a **sponge** because they get dirty easily. ....
  - 4 What should you buy to reduce your plastic **footprint**? ....
  - 5 You can **recycle** different types of plastic in different cities and countries, so go online and check what you can **recycle** where you live. ....
  - 6 Everyone must work together to ask companies to find a **solution** that is good for everyone, including disabled people. ....
  - 7 Across the world, the problem of plastic **pollution** is getting bigger and bigger. ....
- 
- a When air, water or land is damaged by waste and becomes dirty and dangerous for animals or people.
  - b Hard like rock and not liquid (= a thing like water) or gas.
  - c An answer to a question or problem.
  - d To do something to plastic, paper or glass so that you can use them again.
  - e The amount of pollution or waste that comes from the things that you do or use.
  - f Pieces of paper, rubbish and other waste that people leave on the ground.
  - g Something soft. It has a lot of small holes that water goes into. You use it to wash yourself or clean things.

...../7

**30 Complete these lists. Put the words from the box into the correct categories.**

waste    cardboard    plastic    posters    blogs    landfill    cloth    litter    petitions

**Materials:**    glass      .....      .....      .....

**Things we don't want any more:**                                  rubbish    .....      .....      .....

**Ways to campaign:**    protests    .....      .....      .....

...../9

Total...../180

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