

Before-reading questions

- 1 *Reader's own answer.*
- 2 **Example answer:** Plastic takes hundreds of years to break down. Most plastic is not recycled. Single-use plastics make a lot of waste, and it goes into the oceans, killing animals when they try to eat it. Small pieces of plastic enter our bodies, and that is bad for us.
- 3 *Reader's own answers.*
- 4 He is Head of Oceans at Greenpeace UK. He often meets with governments and companies to ask them to use less plastic.

During-reading questions

INTRODUCTION

- 1 He found tiny pieces of plastic in the ocean.
- 2 He cares about the oceans. Many people ask him how to give up plastic and the book shows them how they can.

CHAPTER ONE

- 1 Bangladesh became the first country to ban plastic bags, in 2002.
- 2 You pay a little extra for something, for example a bottle, and then get that money back when you return it after use to the shop.
- 3 When businesses produce huge amounts of plastic, but do not take any responsibility. When they make lots of money from making plastic, then blame ordinary people for throwing it away.

CHAPTER TWO

- 1 It is estimated that there are 150 million tonnes of plastic in the ocean.
- 2 Microfibres/Washing our clothes
- 3 Countries selling their waste to other countries.

CHAPTER THREE

- 1 It takes between 500 and 1,000 years
- 2 We must tell big companies and governments that we want change.

CHAPTER FOUR

- 1 Single-use plastic cups, straws, bottles and bags

CHAPTER FIVE

- 1 They are small containers that you can refill from a large container, or refill at a shop when the bottle is empty. When people use refillables, they use less plastic.
- 2 You can find the names of companies that do not use microbeads on www.beatthemicrobead.org.

CHAPTER SIX

- 1 **Example answers:** By buying fewer clothes. By buying fewer new clothes. By buying fewer clothes made from plastic. By complaining to the shop if all their clothes are made of plastic.

CHAPTER SEVEN

- 1 #BreakFreeFromPlastic
- 2 **Example answers:** Do not shop in supermarkets. Shop in smaller shops instead. Take your own reusable bag and/or container. Try buying online. Buy fresh food. Make your own snacks. Do not buy plastic that you cannot recycle. Choose teabags without plastic. Buy milk in glass bottles.
- 3 We should complain to companies if people cannot buy recyclable cups or reusable bags in their area. If lots of people complain, companies will change because they do not want to lose customers.

CHAPTER EIGHT

- 1 They are made of cardboard but inside, there is also thin plastic, so most of them are not recyclable.

CHAPTER NINE

- 1 **Example answers:** Make decorations from old material. Make pom-poms, which are balls made using wool and a cardboard circle. Get a reusable material “Happy Birthday” decoration. Ask friends to help you wash up after the party so you do not need to use single-use cups, plates and cutlery. Buy just one box of decorations and share them. Do not use wrapping paper with plastic on it. Do not use glitter.

CHAPTER TEN

- 1 **Example answers:** By talking to people at school, university or work about what you have learned in this book, giving them a few statistics or sending them a news story from the internet about plastic use. By campaigning – put up a poster or send an email to everyone. By getting plastic-free products. By giving a talk. By having a plastic-free competition. By asking your manager or director to use less plastic. By starting a petition.

CHAPTER ELEVEN

- 1 Encouraging a café, restaurant or politician to ban single-use plastic. Asking businesses and politicians to build more water fountains.
- 2 First step: send a letter or email. Next four steps: have a meeting; write a press release; start a petition; start a protest.
- 3 A good meeting can make someone take action. You can tell them your story. The way that you act can encourage them to help you. They can see that you are not

very different from them. You can leave the meeting with a new friend.

CHAPTER TWELVE

- 1 The answer is by working together.

After-reading questions

- 1 *Reader's own answer.*
- 2 *Reader's own answer.*
- 3 *Reader's own answer.*
- 4 *Reader's own answer.*
- 5 *Reader's own answer.*
- 6 *Reader's own answer.*
- 7 *Reader's own answer.*
- 8 *Reader's own answer.*

Exercises

INTRODUCTION

- 1 This book helps you to **give up** plastic so you can have a plastic-**free** life.
- 2 Plastic **pollution** is a problem for every country in the world.
- 3 **Tiny** pieces of plastic enter the ocean.
- 4 Single-use plastics include **straws**, which people use to drink with, and plastic **packaging**.
- 5 They take centuries to **break down**.
- 6 For this reason, it is better to buy **reusable** coffee cups, bags and containers.

CHAPTER ONE

- 2 1 e 2 a 3 c 4 d 5 b

CHAPTER TWO

- 3 1 Around 105 billion plastic bottles **are made** (make) by Coca-Cola every year.
- 2 A few years ago, 38 billion pieces of plastic **were found** (find) on Henderson Island in the South Pacific, where no people live.

- 3 Around 360 million tonnes of plastic **are produced** (produce) every year.
- 4 A few years ago, 500,000 pieces of plastic **were found** (find) in every square metre in a river in Manchester, UK.
- 5 Since 2016, plastic bags **have been banned** (ban) in Banjarmasin, Indonesia.
- 6 Only 5% of the plastic we produce **is recycled** (recycle).
- 7 It **is estimated** (estimate) that 90% of seabirds have plastic in their stomachs.

CHAPTER THREE

- 4 I visited Freedom Island, a home for ¹ **birds** in Manila Bay. The whole beach was covered in plastic ² **packaging**. In the sea, I saw plastic ³ **waste** next to dead ⁴ **fish** and ⁵ **seabirds**. It made me really sad. I cleaned the ⁶ **beach** but the next ⁷ **day**, there was more plastic waste. I realized that plastic packaging is a big problem and that we need the help of big ⁸ **companies** like Nestlé and Unilever. They make the packaging, and they must help with the ⁹ **problem**.

CHAPTER FOUR

- 5
 - 1 The changes we make in our own lives **can** have a big effect on others, so you **must/should** tell people what you are doing and why.
 - 2 If they hear our stories about reducing our plastic use, politicians **may** be encouraged to make changes, too.
 - 3 Tell other people about plastic as much as you **can**.
 - 4 Reusable products **can/may** also save you money.
 - 5 Companies **should/must** not make bottles from plastic that cannot be recycled.
 - 6 We **should** reduce our use of bottled water because in many countries the water is safe, so you do not need to buy plastic water bottles!

CHAPTER SEVEN

6	Kitchen	Bathroom	Both
	snack	deodorant	sponge
	washing-up liquid	shampoo razor	refillable container

ALL CHAPTERS

- 7
 - 1 **Tens of** millions of people around the world watched *Blue Planet II*.
 - 2 In Lake Ontario, there are **around** 1.1 million microbeads for **every** square kilometre.
 - 3 In Britain, we use thirty-five **million** plastic bottles every day and less **than half** of those bottles are recycled.
 - 4 Coca-Cola is the world's largest producer of plastic bottles, making 105 **billion** a year.
 - 5 In Germany and Norway, **over** 90% of plastic bottles are recycled.
 - 6 A **short** time after the microbeads ban, **several** countries banned cotton buds with plastic in them.
 - 7 More than **one-third** of the plastic in the ocean comes from our clothes when we wash them.
- 8
 - 1 Do you have any top tips for getting rid **of** plastic?
 - 2 It takes 450 years for a plastic bottle to break **down** in the ocean.
 - 3 Do not buy single-use razors or razors you throw **away** after a few uses.
 - 4 Write **down** the plastic-free products that you or your parents will buy.
 - 5 The easiest way to give **up** plastic coffee cups is to get a reusable cup.
 - 6 Ask friends to help you wash **up** after the party so that you do not need to use single-use cups, plates and cutlery.
 - 7 Put **up** a poster or send an email to everyone.

9 1 c 2 f 3 e 4 b 5 a 6 d

CHAPTER TWELVE

- 10 1 Bangladesh was the first country to ban plastic **bags**.
- 2 Scientists found **microplastics** in every human poo they tested.
- 3 Will you try a plastic-**free** July?
- 4 Birds feed plastic **waste** to their babies because they think that the plastic is food.
- 5 If you cannot find a drink in cardboard, a can or a glass bottle and you cannot find a bottle made from **recycled** plastic, then at least choose one made from **recyclable** plastic.
- 6 Why do you use plastic cutlery and **single-use** coffee cups?
- 7 The whole beach was covered in plastic **packaging**.

Project work

Reader's own answers.