

Environmental Friendly Shopping Habits

COMPREHENSION • VOCABULARY • DISCUSSION

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Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

- A** Shopping has become an essential part of our lives, but how we shop can significantly impact the environment. Many people are now adopting environmentally friendly shopping habits. One of the simplest changes is using reusable bags instead of plastic ones. In 2022, a local survey in Springfield showed that 70% of residents used reusable bags regularly, which helped reduce plastic waste in the community. Additionally, buying products with minimal packaging is another effective way to shop sustainably. This practice not only lessens waste but also encourages companies to consider eco-friendlier packaging options.
- B** Another important habit is supporting local businesses. By purchasing fresh produce from local farmers' markets, consumers can reduce carbon emissions associated with transporting goods over long distances. For instance, Jane, a resident of Springfield, started buying her fruits and vegetables from a nearby farm every Saturday. She noticed that not only was the produce fresher, but she was also helping the local economy. Lastly, being mindful of what we buy is crucial. This means choosing products that are made from sustainable materials or are biodegradable. By making these small changes, we can contribute to a healthier planet and set an example for others in our community.

Vocabulary Glossary

Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
adopting	starting to use or follow something new	<i>Many people are adopting healthier diets because they want to feel better.</i>
reusable	something that can be used many times	<i>He bought a reusable water bottle to avoid buying plastic ones.</i>
reduce	to make something smaller or less	<i>Turning off lights when not in use can reduce electricity bills.</i>
survey	a set of questions asked to many people to find out what they think or do	<i>The company conducted a survey to understand customer needs.</i>
minimal	the smallest possible amount or degree	<i>The car uses minimal fuel, making it very economical.</i>
sustainable	able to be used without causing damage to the environment	<i>The restaurant uses sustainable fish to protect ocean life.</i>
biodegradable	material that can be broken down by natural processes	<i>The packaging is biodegradable, so it won't harm the environment.</i>
carbon emissions	gases released into the air that cause pollution	<i>Cars with electric engines help to lower carbon emissions.</i>

Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. Many people are _____ healthier lifestyles to improve their well-being.
2. She always carries a _____ bag to help the environment.
3. To _____ waste, it's best to recycle and reuse items.
4. The school conducted a _____ to learn more about students' opinions.
5. We should aim to use products with _____ packaging to help the planet.
6. Using _____ materials can lessen the harm done to nature.

Comprehension Questions

These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.

Question 1

What is one benefit of using reusable bags according to the passage?

- A. They are cheaper than plastic bags.
- B. They help reduce plastic waste.
- C. They are more stylish.
- D. They keep food fresher.

Question 2

Why does the passage suggest buying from local farmers' markets?

- A. It is cheaper.
- B. It supports local businesses.
- C. It offers more variety.
- D. It guarantees organic products.

Question 3

What does the passage imply about minimal packaging?

- A. It makes products more expensive.
- B. It is difficult to recycle.
- C. It lessens waste.
- D. It is less attractive.

Question 4

What does the passage say about the impact of buying sustainable materials?

- A. It is more expensive.
- B. It is less convenient.
- C. It contributes to a healthier planet.
- D. It is a new trend.

Question 5

What is the main purpose of the passage?

- A. To promote a specific brand of reusable bags.
- B. To explain how shopping habits can help the environment.
- C. To criticize the use of plastic bags.
- D. To discuss the history of shopping habits.

Discussion & Writing Prompts

Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).

1. Paragraph A mentions that 70% of Springfield residents use reusable bags. Why do you think other communities might have lower percentages, and how could they improve?

2. Jane from Paragraph B buys local produce every Saturday. Do you believe buying local is always the best choice, or are there situations where imported goods might be preferable?

3. The passage suggests choosing biodegradable products to help the environment. Can you think of everyday items in your life that could be replaced with biodegradable options and why?

Answer Key

COMPREHENSION QUESTIONS

Q1 B

Q2 B

Q3 C

Q4 C

Q5 B

VOCABULARY EXERCISE

FIB1 adopting

FIB2 reusable

FIB3 reduce

FIB4 survey

FIB5 minimal

FIB6 sustainable

Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

1. What is one benefit of using reusable bags according to the passage?

✓ B — They help reduce plastic waste. The passage states that using reusable bags helps reduce plastic waste.

✗ A — They are cheaper than plastic bags. The passage does not discuss the cost of reusable bags.

✗ C — They are more stylish. The passage does not mention the style of reusable bags.

✗ D — They keep food fresher. The passage does not state that reusable bags keep food fresher.

2. Why does the passage suggest buying from local farmers' markets?

✓ B — It supports local businesses. The passage explains that buying from local markets supports local businesses.

✗ A — It is cheaper. The passage does not mention the cost being cheaper.

✗ C — It offers more variety. The passage does not discuss the variety of products.

✗ D — It guarantees organic products. The passage does not claim that all products are organic.

3. What does the passage imply about minimal packaging?

✓ C — It lessens waste. The passage states that minimal packaging helps reduce waste.

✗ A — It makes products more expensive. The passage does not say minimal packaging makes products more expensive.

✗ B — It is difficult to recycle. The passage does not mention recycling difficulties.

✗ D — It is less attractive. The passage does not mention the attractiveness of packaging.

4. What does the passage say about the impact of buying sustainable materials?

✓ C — It contributes to a healthier planet. The passage mentions that choosing sustainable products helps make the planet healthier.

✗ A — It is more expensive. The passage does not discuss the cost of sustainable materials.

✗ B — It is less convenient. The passage does not mention convenience.

✗ D — It is a new trend. The passage does not describe it as a new trend.

5. What is the main purpose of the passage?

✓ **B — To explain how shopping habits can help the environment.**

The passage discusses various shopping habits that help the environment.

✗ **A — To promote a specific brand of reusable bags.**

The passage does not promote a specific brand.

✗ **C — To criticize the use of plastic bags.**

While it mentions plastic bags, this is not the main focus.

✗ **D — To discuss the history of shopping habits.**

The passage does not discuss the history of shopping habits.

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