



# Zero Waste



# Instant Lessons

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## Lesson Plan: The Zero Waste Movement **EXAMPLE**

**Lessons:** Introduction, reading, listening, speaking (seminar) and writing.

**Time:** 1-1.5 hours + homework task

**Level:** \*\*\*\*[B1/ B2/C1].

### Lesson Aim:

*To focus on one key topic and develop a range of key academic skills based on this topic.*

### Introduction [5 minutes]

- Introduce the topic 'The Zero Waste Movement'.
- Give out the '**Reading Text Worksheet**' and discuss the lead in questions.

### Reading: Test-Type Questions [20-30 minutes + feedback]

- Students read the text. Check words & meanings with a dictionary.
- Answer the questions.
- Feedback: distribute or project **ANSWERS**.

### Listening: Lecture & Test Questions [30-40 minutes + feedback]

**Video (3:23):** Available in paid download

**MP3:** Available in paid download

- Give out the '**Listening: Mini Lecture Worksheet**'.
- Students check key vocabulary.

#### **Option 1**

- Students look at the questions.
- Students listen & answer the questions.
- Give 2 minutes to tidy answers.
- Students listen again. Check answers & answer missed questions.
- Feedback: distribute or project **ANSWERS**.


#### **Option 2 (harder)**

- Students listen & take notes (Use paper or the PPT slides in the Appendix).
- Students listen again & add to their notes.
- Students use their notes to answer the questions.
- Feedback: distribute or project **ANSWERS**.

### Speaking: Seminar [10-15 minutes]

- Give out the '**Speaking Worksheet**'.
- Students revise content from the reading & lecture texts.
- Students hold a seminar discussion using the question prompts.  
How to run a seminar: <https://www.academic-englishuk.com/seminars>

### Writing: Summary [20 minutes + tutor feedback]

- This can be a homework task if limited time.
- Students use the two texts (reading and listening) to write a 150-word paragraph on 'why the '.
- Tutor to error correct & return - <https://www.academic-englishuk.com/error-correction>

## Reading Text Worksheet

### Task 1: Lead In

1. What does zero waste mean?
2. Do [redacted] ?
3. Do you ever think carefully about the products you buy in terms of packaging?
4. Look at [redacted] about?

### Task 2: Reading Text

#### The Zero Waste Movement

by A. Watson (2021)

We live in a throw-away society and as a consequence we continue to generate more and more waste. Data from the world bank (2018) [redacted] of rubbish in 2016, and 40% of this waste is currently in landfill sites. This mismanagement of waste is adding to climate change due [redacted] and water because of the heavy metals. Not only does this impact human beings, it is destroying [redacted] too [redacted] are doing just this by eliminating waste from their lives.

One such person is Bea Johnson who as early as 2006 started [redacted] fit all her [redacted] a single jar, she started to blog about her experience in 2009. Due to the popularity of the blog, she went on to publish a book in 2013 about how to live zero waste lifestyle in which she [redacted] Reuse, Recycle and Rot. This means refusing single-use disposables, reducing what we buy, reusing by purchasing [redacted], avoiding packaging that cannot be recycled and recycling the packaging that can, and using a [redacted], [redacted] to take a more conscious approach to reducing the amount of rubbish they generate, and so the zero [redacted]

Initially, a grass roots movement, some companies [redacted] benefits of being zero waste and have therefore made this positive change. Subaru has sent nothing to [redacted] by recycling and reusing, and have also committed to making all their packaging recyclable, [redacted] only send 10% of their waste to landfill (Brucker, 2017). Furthermore, as plastic waste is one of the [redacted] a rise in the number of plastic-free companies too: TeaPigs are the first tea company to be plastic free, ZAO, [redacted] and Eco Living offer a range of kitchen cleaning products such as natural latex rubber gloves and [redacted] replaceable brushes that are compostable (the-plastic-free-shop, 2020). All in all, there has never [redacted] more aware of the consequences of their shopping habits.

### References

Brucker, D. 2017. [redacted]. [online] Available at <https://www.rubicon.com/blog/zero-waste> [Accessed 19 February 2021].

[redacted]. 2013. *Zero Waste Home*: [redacted]. London: Penquin.

The Plastic Free Shop. 2020. *Product List*. [online] Available at <https://www.theplasticfreeshop.co.uk> [Accessed 19 February 2021].

[redacted]. *What a waste*: [redacted] [online] Available at <https://datatopics.worldbank.org/zero-waste-movement> [Accessed 19 February 2020]

## Reading Text Questions

### Task 3: Headings

Choose a subheading for each paragraph. One title is not needed.

1		A	
2		B	The impact of our actions
3		C	
		D	The concepts of zero waste

\_\_\_ / 3

### Task 4: True, False or Not Given

Decide if these statements are true (T), false (F) or not given (NG). Highlight the answer in the text.

		T / F / NG
1	The UK produced two billion tonnes of waste in 2016.	
2		
3	Bea Johnson made the jar that she stored her family's waste in.	
4		
5	The zero waste movement began in London.	
6		
7	Microsoft reuse or recycle 90% of their waste.	
8		

\_\_\_ / 8

### Task 5: Vocabulary

Key language – search for the word in the text that means:

Paragraph		Word
1	To produce something.	
1		
2	To collect something.	
2		
2	An idea that a product is capable of disintegrating into natural elements.	
3		
3	A sustainable wood and renewable resource.	
3		

\_\_\_ / 8

Total Score \_\_\_ / 19

## Listening: Mini Lecture Worksheet

### 1: Key Vocabulary

Check these words and phrases before listening:

*zero waste. sustainability. toxins. landfills. consumers. single-use packaging. buy in bulk. Processed food. obesity. criticisms. to be mined. accessibility. disposable income. mainstream. privilege.*

### 2. Lecture Listening

Listen to the lecture on zero waste shops and answer the following questions:



#### 2.1. Introduction

i.	What is _____ shops?	
ii.	Name two _____ with?	A. _____ B. _____

\_\_\_\_ / 3

#### 2.2. What is a zero waste shop? Complete the gaps. The first letter is given to you.

They all share a \_\_\_\_\_ i. c\_\_\_\_\_ to shop knowing that their ii. i\_\_\_\_\_ on the environment is iii. m\_\_\_\_\_. \_\_\_\_\_ the \_\_\_\_\_ iv. r\_\_\_\_\_ containers to v. p\_\_\_\_\_ items.

\_\_\_\_ / 5

#### 2.3. Name three \_\_\_\_\_ shops.

i.	_____
ii.	_____
iii.	_____

\_\_\_\_ / 3

#### 2.4. Name two \_\_\_\_\_ waste shops.

i.	_____
ii.	_____

\_\_\_\_ / 2

#### 2.5. Why does the lecturer believe \_\_\_\_\_ future?

i.	_____
----	-------

\_\_\_\_ / 1

#### 2.6. What does the lecturer \_\_\_\_\_ be zero waste?

i.	_____
----	-------

\_\_\_\_ / 1

#### 2.7. Complete the gaps in the following information about the lecturer's stance:

"What we need is a i. c\_\_\_\_\_ change where \_\_\_\_\_ about what we ii. c\_\_\_\_\_ afford \_\_\_\_\_ we choose iii. n\_\_\_\_\_ to buy".

\_\_\_\_ / 3

Total Score \_\_\_\_ / 18

## Speaking Worksheet

### Discussion

Use the two texts (reading and listening) to discuss these questions:

#### Key Sources:

Reading: **Watson (2021)**

Brucker (2017) / Johnson (2013) / The Plastic Free Shop (2020) / The World Bank (2018)

Lecture: **Watts (2021)**

### Seminar Questions

- 1) What [ ] movement?
  - 2) Why [ ] important?
  - 3) Discuss the similarities between the two texts.
  - 4) Do you think that zero waste shops will become mainstream in the future? Why/why not?
  - 5) Summarise your discussion.  
(Each person summarises one main interesting point discussed).
- 

## Writing Task

### Summary

Use the two texts (reading and listening) to write a paragraph on 'why [ ] zero waste'

Write 150 words:

## Reading ANSWERS

### Task 3: Headings

Choose a subheading for each paragraph. One title is not needed.

1	<i>B</i>	A	The companies leading the way
2	<i>D</i>	B	The impact of our actions

**ALL ANSWERS ARE INCLUDED IN PAID VERSION...**

## Listening ANSWERS

### 2.1 Introduction

i.	What is driving the rise in zero waste shops?	<i>Consumers' attention to sustainability.</i>
ii.	Name two things people are concerned with?	<i>Plastic in the oceans. Pollution in water, air and soil. Toxins from landfill. [Any of these]</i>

**ALL ANSWERS ARE INCLUDED IN PAID VERSION...**

## The Rise in Zero Waste Shops Lecture Transcript

(C. Watts 2021)

*Hello and welcome to this short lecture on zero waste shops. A quiet revolution is taking place around the world, and it is being driven by consumers' growing attention to sustainability issues. Concerned by the quantity of plastic in the oceans, pollution in the water, air and soil and toxins from landfills, individuals are driving the change towards a zero waste lifestyle....*

**THE FULL TRANSCRIPT IS INCLUDED IN THE PAID VERSION...**

## Appendix: PowerPoint Slides

Listen to the lecture and take notes using the PPT slides

<h3>Zero waste shops</h3>  <p>www.academic-englishuk.com</p> <p>AE Academic English UK</p>	
<h3>Benefits of zero waste shops</h3> <div>  <p>Single use plastic packaging</p>  <p>Bring your own containers</p> </div> <p>www.academic-englishuk.com</p> <p>AE Academic English UK</p>	
<h3>Criticisms of zero waste shops</h3> <div>   </div> <p>www.academic-englishuk.com</p> <p>AE Academic English UK</p>	<p>www.academic-englishuk.com</p>
<h3>The future</h3> <div>    </div> <p>www.academic-englishuk.com</p> <p>AE Academic English UK</p>	