

B6 What can we do?

- a) Read the following ideas about what you could do as a consumer or as a citizen to protect the planet. Then choose the idea you find most effective.

As a consumer you can make an impact:

- Shop less, live with less material wealth.
- Share more and enjoy community life (communality)
- Eat no or at least less meat.
- Only buy local and organic products.
- Grow your own fruit and vegetables.
- Learn to cook.
- Buy less or no processed food.

As a citizen, you can demand more support from your government for:

- organic farming
- more self-sufficiency, e.g. community-based urban farming
- school gardening
- indigenous livestock preservation
- school nutrition programmes
- teaching children food preparation
- reduction of food waste

- b) ☆ Make notes about the idea you find most effective. Compare your ideas with a partner.

- ☾ Make a plan about at least one thing you could do as a consumer and one thing you could do as a citizen. Compare your ideas with a partner.

- ⚙ Think about more ideas and compare your list with a partner.

• The idea with the meat is a good idea because, we don't have to eat so much meat.

• Learn to cook is basically a good idea

• Reduktion of food waste is also a good idea and it is easy to implement