

## 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.

Citizen  
~~Consumer~~  
→

I think its the best idea to share things like clothes, food or anything else with other people, in one year throws be only Germany 6 Million metric tons food away, when we share that food better we had not so much hunger problems on this world. And when we share our clothes better we dont have to support child labor

Consumer

I think as a consumer you could help this world at the best if you buy local your food and when it works you can buy it Bio.