

**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 or as a citizen. Compare your ideas with a partner.  **⚙️** Think about more ideas and compare your list with a partner.

**★**: I think that we must do more than one thing. All ideas are nice. I don't think that one idea is much better than a other idea. But I think the ideas for one people is better than a idea for a lot of people because they doesn't depend so many.

**☾**: I think it is easy to dispense of meat or to reduce the meat meal in the week. It gives a lot of other

fastly food. Local and organic products to buy it

**⚙️** easy to, in the most city's is a market where farmers

sold there vegetable, fruits and other things. When you

grow your own food than you are outside and you have

your own fruit and vegetable. You can be proud of you, when you have to grow your own fruit and vegetable.