

1ª série e 2ª série

Environment (meio ambiente)

EM13LGG303

EM13LGG403

Health and environment: true or false

① Health and wellness

Read the statements and decide if they are true or false.

1. Drinking water and exercising regularly are important for good health.

☐ True ☐ False

2. Sleeping less than four hours every night is good for your brain.

☐ True ☐ False

3. Eating fruits and vegetables helps you stay healthy.

☐ True ☐ False

4. Playing video games for ten hours every day is the best way to relax.

☐ True ☐ False

5. Stress can affect your physical health.

☐ True ☐ False

② Environmental awareness

Read the statements and decide if they are true or false.

1. Recycling helps reduce pollution.

☐ True ☐ False

2. Turning off the lights when leaving a room saves energy.

☐ True ☐ False

3. Throwing trash in the ocean is good for marine animals.

☐ True ☐ False

4. Planting trees improves the air we breathe.

☐ True ☐ False

5. Using reusable bags helps protect the environment.

☐ True ☐ False

③ Reading

Read the text and choose the correct answer.

Small habits, big changes

Many people think that protecting the environment is a job only for governments and big companies. But small daily habits can also make a difference.

Last year, a group of students in Curitiba decided to replace plastic bottles with reusable ones at their school. In just one semester, they saved about 3,000 plastic bottles. "It was easy, and now everybody does it," said Júlia, 16.

1. What is the main idea of the text?

- ☐ **a)** Only governments can protect the environment.
- ☐ **b)** Small daily habits can help the planet.
- ☐ **c)** Students don't care about the environment.
- ☐ **d)** Plastic bottles are cheaper than reusable ones.

2. What did the students in Curitiba do?

- ☐ **a)** They stopped using the school cafeteria.
- ☐ **b)** They planted trees in the park.
- ☐ **c)** They replaced plastic bottles with reusable ones.
- ☐ **d)** They organized a protest downtown.

3. According to the text, how much plastic did the school save?

- ☐ **a)** About 3,000 bottles in one semester
- ☐ **b)** About 300 bottles in one year
- ☐ **c)** About 30 bottles in one month
- ☐ **d)** It doesn't say.

Gabarito

1. Health and wellness

1. True
2. False
3. True
4. False
5. True

2. Environmental awareness

1. True
2. True
3. False
4. True
5. True

3. Reading

1. b) Small daily habits can help the planet.
2. c) They replaced plastic bottles with reusable ones.
3. a) About 3,000 bottles in one semester