

# How to Reduce Your Waste

7 Many experts believe the average person in  
15 the UK throws away their own weight in  
19 rubbish every 7 weeks.

## 27 Top Tips on How to Reduce Your Waste

31 **1.** Use reusable lunch  
35 boxes and water bottles  
40 for your lunch so no  
44 litter is left over.



50 **2.** Give old clothes, toys and  
55 books away for others to  
59 enjoy when you are  
62 finished with them.



69 **3.** Use both sides of a piece  
74 of paper. This will also  
78 help save the trees!



# Questions



1. Find and copy a word that means 'can be used more than once'.

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2. Name one thing mentioned in the text that could be given away when you've finished with them.

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3. Summarise this non-fiction text in 20 words or fewer.

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4. How did you feel when you found out about how much the average person throws away?

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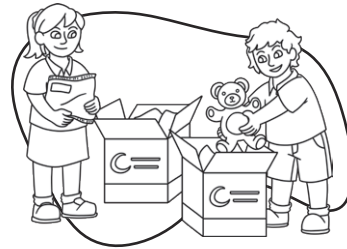
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# Answers



1. Find and copy a word that means 'can be used more than once'.

**reusable**



2. Name one thing mentioned in the text that could be given away when you've finished with them.

**Accept any of the following: old clothes; toys, books.**



3. Summarise this non-fiction text in 20 words or fewer.

**Pupils' own responses, such as: This text is all about how to reduce waste. It gives you three tips on how you can do it.**



4. How did you feel when you found out about how much the average person throws away?

**Pupils' own responses, such as: I felt shocked as I didn't realise it was that much.**