

LEARNING STRAND 4 LIFE AND CAREER SKILLS

MODULE 6: SUSTAINABLE LIFESTYLE

ALS Accreditation and Equivalency Program: Junior High School





SUSTAINABLE LIFESTYLE

**LIFE AND CAREER SKILLS
MODULE 6**

ALS Accreditation and Equivalency Program: Junior High School
Learning Strand 4: Life and Career Skills
Module 6: Sustainable Lifestyle

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User's Guide

For the ALS Learner:

Welcome to this Module entitled Sustainable Lifestyle under Learning Strand 4 Life and Career Skills of the ALS K to 12 Basic Education (BEC).

This module was designed to provide you with fun and meaningful opportunities for guided and independent learning at your own pace and time. You will be enabled to process the contents of the learning resource while being an active learner.

This module has the following parts and corresponding icons:



Let's Get to Know

This will give you an idea of the skills or competencies you are expected to learn in the module.



Pre-assessment

This part includes an activity that aims to check what you already know about the lesson. If you get all the answers correct (100%), you may decide to skip this module.



Setting the Path

This section provides a brief discussion of the lesson. This aims to help you discover and understand new concepts and skills.



Trying This Out

This comprises activities for independent practice to solidify your understanding and skills of the topic. You may check the answers to the exercises using the Answer Key at the end of the module.



Understanding What You Did

This includes questions that process what you learned from the lesson.



Sharpening Your Skills

This section provides an activity that will help you transfer your new knowledge or skill in real-life situations or concerns.



Treading the Road to Mastery

This is a task which aims to evaluate your level of mastery in achieving the given learning competency.



Don't Forget

This part serves as a summary of the lessons in the module.



Explore More

In this portion, another activity will be given to you to enrich your knowledge or skill of the lesson learned. This also tends retention of learned concepts.



Reach the Top

This part will assess your level of mastery in achieving the learning competencies in each lesson in the module.

Answer Key

This contains answers to all activities in the module.

Glossary

This portion gives information about the meanings of the specialized words used in the module.

At the end of this module you will also find:

References

This is a list of all sources used in developing this module.

The following are some reminders in using this module:

1. Use the module with care. Do not put unnecessary mark/s on any part of the module. Use a separate sheet of paper in answering the exercises.
2. Don't forget to answer the Pre-assessment before moving on to the other activities included in the module.
3. Read the instruction carefully before doing each task.
4. Observe honesty and integrity in doing the tasks and checking your answers.
5. Finish the task at hand before proceeding to the next.
6. Return this module to your ALS Teacher/Instructional Manager/Learning Facilitator once you are through with it.

If you encounter any difficulty in answering the tasks in this module, do not hesitate to consult your ALS Teacher/Instructional Manager/Learning Facilitator. Always bear in mind that you are not alone.

We hope that through this material, you will experience meaningful learning and gain deep understanding of the relevant competencies. You can do it!

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MODULE 6

LET'S GET TO KNOW

Andrew loves drinking flavored drinks. Almost every day, he would buy at least one bottle of juice or soft drinks from his neighboring store. One day, he noticed that his trash can is already filled with empty single-use drink bottles. He then felt that it would be a waste to throw all of those bottles, especially when they can still be recycled. After doing some research, he found out that a company nearby collects plastic materials such as PET bottles and sachets to be used as



eco-bricks. He then starts collecting his bottles and sends them to the company. He also started messaging his friends and neighbors, informing them about the company that collects water bottles and tells them that they should send their empty bottles there instead of throwing them away.

In this module, you and Andrew will learn about creating a plan to help the environment by promoting a lifestyle that reduces an individual's use of natural resources.

- **Sustainable Living**

You will be able to demonstrate understanding of daily practices that promote sustainable living. (LS4LC-SC-PSF-AE/JHS-1)

- **Balancing Wants and Needs**

You will be able to satisfy human needs (balancing wants and desires and available resources) while living with one's means.

(LS4LC-SC-PSF-AE/JHS-2)

You will be able to make informed choices as a consumer of goods and services. (LS4LC-SC-PSF-AE/JHS-6)

- **Consumer Environmental Responsibility**

You will be able to minimize resource use, waste, and pollution and reduce environmental damage as a consumer. (LS4LC-SC-PSF-AE/JHS-3)



MODULE 6

PRE-ASSESSMENT

I. Fill in the Blanks

Directions: Read each statement carefully and fill in the blank(s) with the correct answer. Choose your answer from the words inside the box. Do this activity on a separate sheet of paper.

1. _____ is the process of converting waste materials into new materials or objects.

Reusing	Recycling	Redoing
----------------	------------------	----------------

2. The act or process of using up something is called _____ .

Production	Distribution	Consumption
-------------------	---------------------	--------------------

3. _____ is a long-term shift in global or regional climate patterns.

Climate change	Charter change	Global change
-----------------------	-----------------------	----------------------

4. The surroundings or conditions in which a person, animal, or plant lives or operates is called _____ .

Community	Environment	Colony
------------------	--------------------	---------------

5. _____ are things that are important to human beings for survival.

Needs	Wants	Desires
--------------	--------------	----------------

II. Enumeration

Directions: Give at least three (3) actions or activities that you do to minimize or reduce damage to the environment. Do this activity on a separate sheet of paper.

- 1.
- 2.
- 3.



LESSON 1

SETTING THE PATH

SUSTAINABLE LIVING

At the end of this lesson, you will be able to:



demonstrate understanding of daily practices that promote sustainable living (LS4LC-SC-PSF-AE/JHS-1)



LESSON 1

TRYING THIS OUT

Directions: Study the given symbols and words, then answer the following questions. Do this activity on a separate sheet of paper.



Questions:

7. What do these symbols/words have in common?
8. What are the characteristics of these symbols/words?



LESSON 1

UNDERSTANDING WHAT YOU DID

PROMOTING SUSTAINABLE LIVING



Sustainable living is a way of living that focuses on reducing the harmful effects of our consumption and lifestyle in the environment. It aims to counteract climate change and minimize our carbon footprint. Its main goal is to achieve an environmental equilibrium in which we return to the earth what we have taken from it. While it is impossible to give back what has been taken completely, we can improve our lifestyles to lessen the damage we do to the environment.

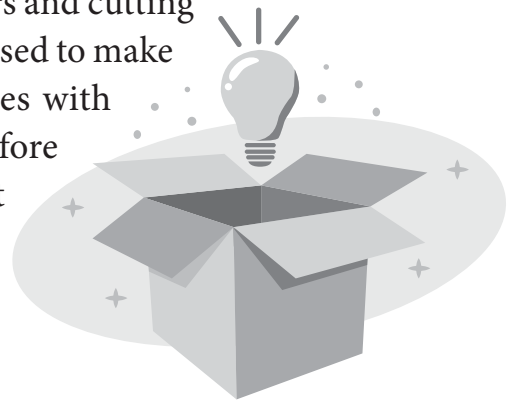
Reuse items



One of the easiest ways to promote sustainable living is by reusing. Reusing is done when you continue to use old items such as plastic bags and containers while they are still in good condition, or you use items more than once. You can also reuse by investing in items that are intended for reusing, such as eco-bags and face masks made of cloth. Reusing is good for the environment as it reduces waste, it also helps you save more money as you won't need to buy new items for certain purposes because you have old items to use for them.

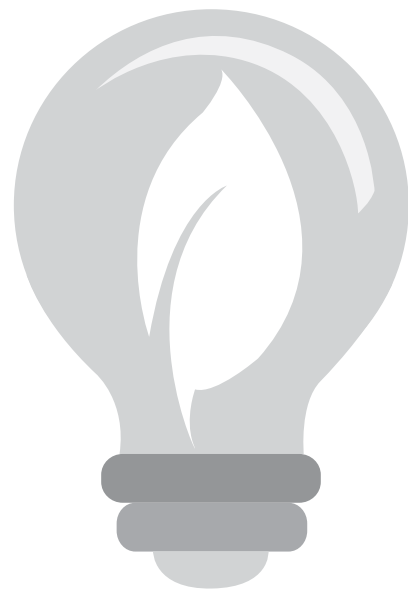
Be creative and resourceful

Reducing waste is not only done through reusing. Another way to maximize your resources is by recycling. Recycling is done by finding new purposes for old items that you already have. Example, you can use old plastic containers as plant pots instead of buying new pots. You can even be creative with it and design the plastic containers so it won't seem it was recycled. Another way of recycling is by gathering junk food wrappers and cutting them into smaller pieces. These pieces can be used to make pillows. You can even make new pillow cases with old clothing that you don't wear anymore. Before you throw something in the trash, look at it first and think if you can still do something about it before completely throwing it away. In recycling, you need to have a creative mind.



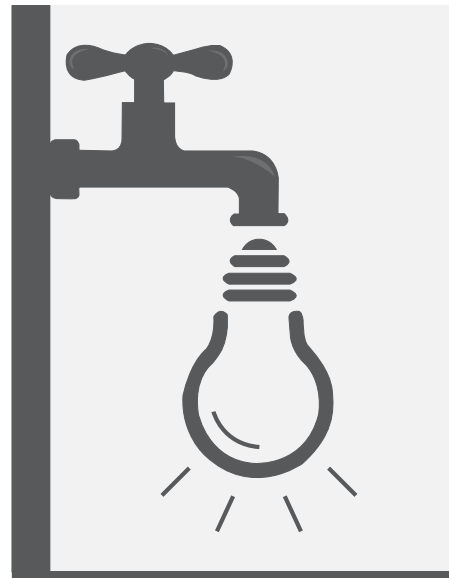
Make informed choices

How well do you know the products that you buy? To help promote sustainable living, you should support businesses and companies that practice sustainability in their production. Do some research about the products that you love, find out if their company is environment-friendly. Also, try to minimize waste by only buying the products that you need, and if available, try buying products that are made out of recycled goods.



Be mindful of your energy and water consumption

The way you spend electricity and water isn't only reflected on your utility bills, but also affects the environment. The more you use them, the bigger your carbon footprint or the amount of carbon produced by all your activities. While these utilities are essential to our day-to-day living and using them is entirely unavoidable, you can find ways to avoid using too much. Use energy-efficient appliances, don't leave the water running when you're not using it.



You might think that the environment is too big for you to save it on your own, but you're not alone. There are millions out there who are more than willing to contribute to this environmental change. Your small efforts will pay off, especially if you encourage the people around you to do the same. The simple task of practicing sustainable living and informing other people why you're doing it and encouraging them to do the same will have a more significant impact than you think.



LESSON 1

SHARPENING YOUR SKILLS

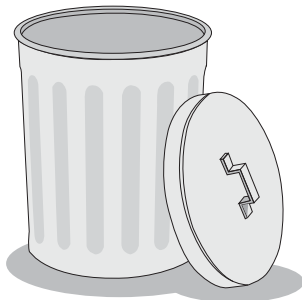
- I. **Directions:** Suggest ways on how to practice sustainable living in each situation. Do this activity on a separate sheet of paper.

SITUATION	ANSWER
Patrick received his first salary on his new job.	
Aunt Rose uses 40 gallons of water every time she does the laundry.	
Food deliveries at home were placed inside plastic containers.	
My favorite brand of milktea is on sale only for today.	

II. Directions: Think of the activities and wastes you produce in a day. Write the items you can avoid using in the **refuse** section, the items you can use less in the **reduce** section, the items you can use again in the **reuse** section, and the items that can be converted into other useful forms in the **recycle** section. Do this activity on a separate sheet of paper.

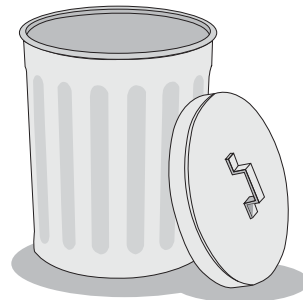
REFUSE

The items you can avoid



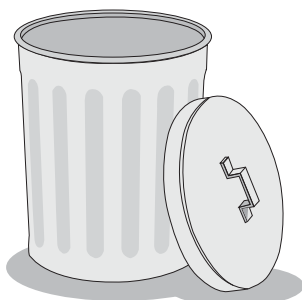
REDUCE

The items you can use less



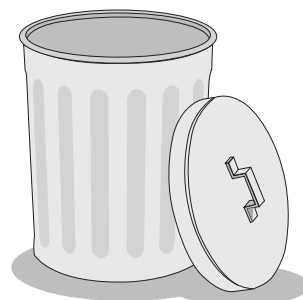
REUSE

The items you can use again



RECYCLE

The items that can be converted into other useful forms





LESSON 1

TREADING THE ROAD TO MASTERY

Directions: Read, analyze, and answer the question below. Write an essay consisting of not more than ten (10) sentences. Your answer will be evaluated using the rubric below. Do this activity on a separate sheet of paper.

?

What is the importance of practicing sustainable living?

Exceeds Expectations (15 points)	Satisfactory (10 points)	Needs Improvement (5 points)
Meaningful response with specific ideas	Sufficiently developed response with enough explanation	Limited response with minimal explanation
Virtually no spelling, punctuation, or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	A number of spelling, punctuation, or grammatical errors



SATISFYING HUMAN NEEDS

At the end of this lesson, you will be able to:



satisfy human needs (balancing wants and desires and available resources) while living with one's means (LS4LC-SC-PSF-AE/JHS-2); and



make informed choices as a consumer of goods and services (LS4LC-SC-PSF-AE/JHS-6).

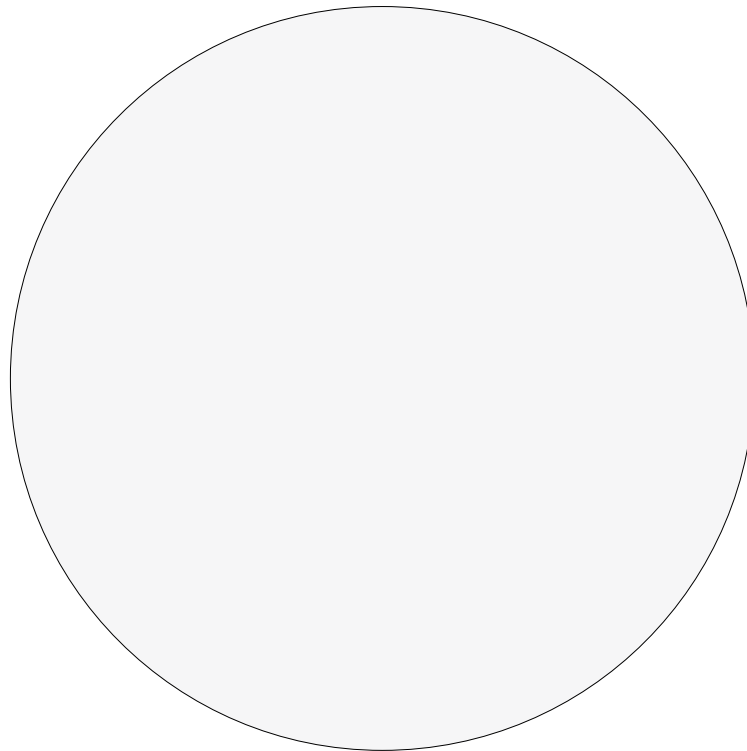


LESSON 2

TRYING THIS OUT

Directions: Create a pie chart using the circle below. Divide it to allocate a P100-budget to be spent for a day at work. Suppose you do not have a packed lunch and the fast food restaurant where you are working at is two jeepney rides away from your house. Do this activity on a separate sheet of paper.

P100-BUDGET





LESSON 2

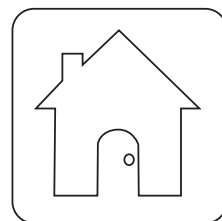
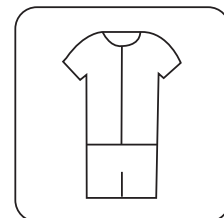
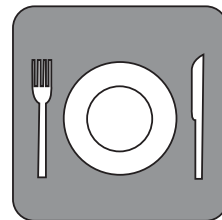
UNDERSTANDING WHAT YOU DID

LIVING WITHIN ONE'S MEANS

We all want a lot of things in life. The problem is, can we afford to get all of them? Just like everyone else, our resources are limited. We need to distinguish what we need from the things that we only want so we can efficiently budget our money. It may seem as simple as listing wants versus needs, but we have to admit it, sometimes we mistake our desires as needs. We need to draw a clear line between the two things so we can focus on the important things that we should be spending our money with.



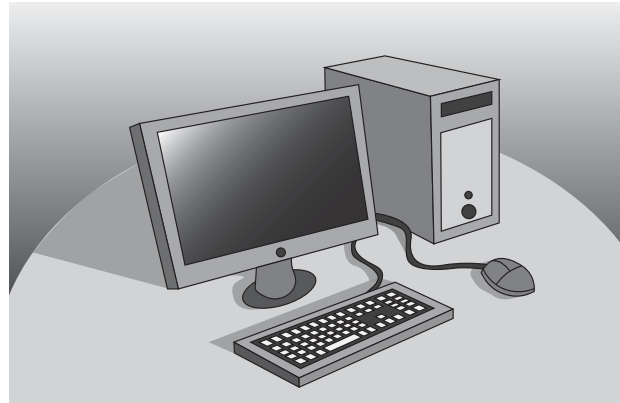
Needs are the things and conditions that are necessary for us to survive in this world. We all have basic needs—shelter, clothes, food, water, and electricity. These things are indispensable and should be on top of the priority list when setting a budget. Aside from these essentials, we can now start on narrowing down the other needs and wants. A person's needs



generally depend on their way of living. If you work as a graphic artist, you definitely need a computer with specs for graphic design. On the other hand, if you work as a coffee shop barista, you don't really need a computer with specs for graphic design.

LESSON 2

You might say that even if owning a computer is not necessary for you to function as a coffee shop barista, you still need a decent computer or a laptop for communication and other purposes. That is completely acceptable. The next question is: can you afford to buy and maintain a laptop? If yes, then you still need to ask yourself what kind of laptop can you afford. You need to know how much money you can spend on this item without sacrificing your budget on your essential needs. If your bank account says that you can afford a high-end laptop and still be able to live comfortably without going hungry for the next few days. Then, by all means, get yourself that laptop. But if you have to compromise essential things such as your bus fare or your dinner, you might want to think twice about getting that laptop that you want.

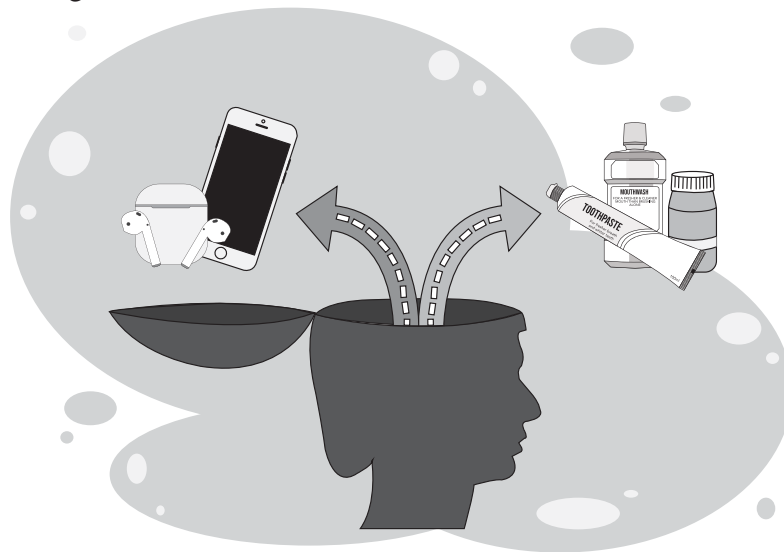


By the end of the day, you have to **budget** where your money is going. This does not mean that you should only spend on necessities, but you should be careful about the things that you prioritize. We can't have everything that we want at once. However, we can make the best of what we have while finding ways to achieve the life we want.



MAKING INFORMED CHOICES AS A CONSUMER

With the variety of choices available in the market, it might be quite overwhelming for consumers to choose the products to buy. Every single good and service that a person spends their money with is a result of their decision-making.



Determining which products are best for them, which item gives them a good value for their money, and which ones they should avoid is a task that can be quite time-consuming if they are not sure what they are looking for. To make an informed choice as a consumer, there are many factors that one should consider before deciding that a certain product is the best product for them.

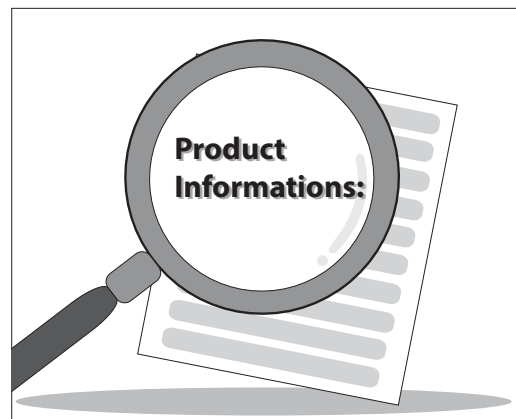
For example, you are tasked to go grocery shopping. The very first decision that you need to make is: where do you go? You have to consider these factors: which store sells the items that you need to buy? Which store is more accessible to you? And lastly, which store sells products at a reasonable price?



LESSON 2

You may have a list of grocery shops in your mind right now, and all you need to do is to pick the one that best caters your needs. If you're not sure that the store that you have in mind has all the things that you need, you can do further research by going to the internet and checking if they have the information that you need on their page. If not, you can try and contact them by messaging them or calling them if there's a number provided.

Once you get the information that you need, you then go to the grocery store with a list of the items that you need to buy. Let's say that you need to buy fresh milk. So, you go to the aisle with fresh milk in different brands and sizes, and you start to think of which one to buy. You first look at the brands that are familiar to you, and



then you check the prices of each one of them. One brand is slightly more expensive than the other. But the other brand sells the milk a few milliliters less. You figure that since you don't need that much milk, you choose the smaller one.

That scene is only one example of your decision-making process while doing grocery shopping. You will have to do the same thing with the other goods and services that you want to avail of. Most products are easily sold because of their popularity. But if you



want to make an **informed choice**, you will **go beyond the hype and research the said product**. What is the information available regarding the product? Are their customers satisfied with it? If you are buying processed food, you might want to look at the nutritional facts before heading to the counter, their advertisement might have affected your judgment of the product.

LESSON 2

However, the way they showcased their products may be different from what the product can actually do. Part of making an informed choice is looking beyond what most people see, and understanding how a certain product is more beneficial than the other.





LESSON 2

SHARPENING YOUR SKILLS

- I. **Directions:** List down 10 items that you can see in your room or home and determine if the items purchased are needs or wants. Explain then why the item is classified as such. Do this activity on a separate sheet of paper

ITEM	NEED OR WANT	EXPLANATION
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

LESSON 2

II. Directions: Read and analyze the situations below. Write **IC** if the situation shows that informed choice was made and **NIC** if it is not an informed choice. Do this activity on a separate sheet of paper.

SCENARIO	IC OR NIC
1. Nicole went to the grocery store to buy rice. She saw the cheapest variety and bought it right away since she will be able to save a lot.	
2. Dan is looking for an item in an online shop. Before he purchases an order, he checks first the details and specifications of the product and reads carefully the reviews left by people who have already purchased the same item before	
3. One of our classmates, Lara, saw a girl from another class wearing red lipstick and it looks good on her. She asked what the brand is. The following day, we were surprised when we saw a post on Lara's social media account that she just bought the same lipstick for herself.	
4. Miguel went to the mall and saw a green shirt with a superhero print. He bought the shirt saying it was his favorite color plus his favorite superhero character. The next day, he was asking for more allowance from his mom.	
5. I accompanied a friend in a store and I noticed she was checking the ingredients, nutritional facts, and expiration date of each item before she placed it in the cart.	



LESSON 2

TREADING THE ROAD TO MASTERY

Directions: Read, analyze, and answer the question below. Write an essay consisting of not more than ten (10) sentences. Your answer will be evaluated using the rubric below. Do this activity on a separate sheet of paper.

?

As a consumer, why do you need to make informed choices?

Exceeds Expectations (15 points)	Satisfactory (10 points)	Needs Improvement (5 points)
Meaningful response with specific ideas	Sufficiently developed response with enough explanation	Limited response with minimal explanation
Virtually no spelling, punctuation, or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	A number of spelling, punctuation, or grammatical errors



LESSON 3

SETTING THE PATH

CONSUMER ENVIRONMENTAL RESPONSIBILITY

At the end of this lesson, you will be able to:



minimize resource use, waste, and pollution and reducing environmental damage as a consumer (LS4LC-SC-PSF-AE/JHS-3).



LESSON 3

TRYING THIS OUT

Directions: Read, analyze, and answer the questions given. Place a check (✓) in the column that corresponds to your answer. Do this activity on a separate sheet of paper.

DO YOU...	NEVER	SOMETIMES	OFTEN
Consider the amount of packaging on an item before you buy it?			
Consider the recyclability of an item before you buy it?			
Consider whether you really need something before you buy it?			
Wash out and reuse plastic bags in your home?			
Consider what pollution and wastes were created in the manufacture of the things you buy?			
Avoid eating in places which wrap your food in lots of paper and plastic or ask that less wrapping be used for your order?			



LESSON 3

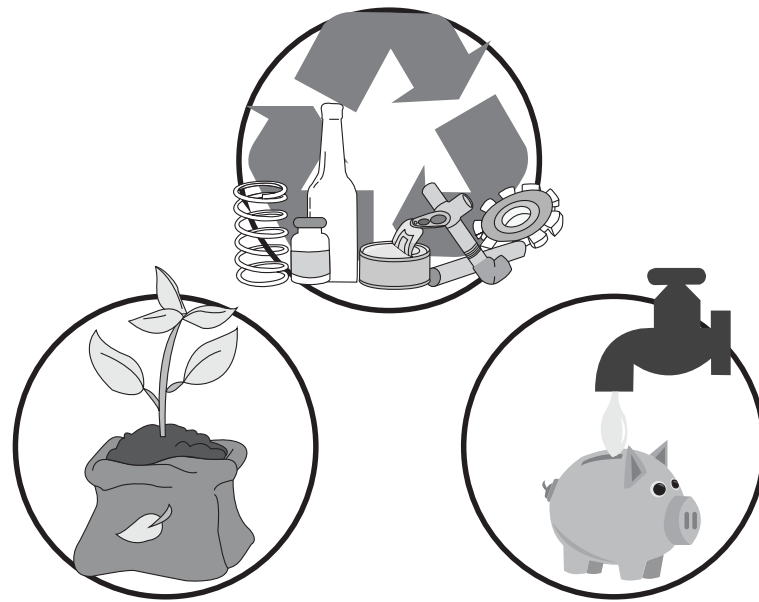
UNDERSTANDING WHAT YOU DID

KEEPING THE ENVIRONMENT HEALTHY



As people living on this planet, we have the responsibility to keep it healthy and clean. The sustainability for our future generations' lives will depend on how we take care of the environment now. If we want the Earth to be a good, if not better, place to live in for the succeeding generations, we should act now to reverse some of the damages that we and the past generations might have done and try our best to preserve its remaining beauty.

One of the most efficient ways of reducing wastes is to avoid creating it. Making new things out of raw materials will only add more damage to our environment. To avoid creating waste, we must try to be resourceful, reuse products that are still in good condition, and recycle those that are fit for recycling. As much as possible, avoid throwing away things that can still be useful. This will lessen the demand for new raw materials to create new products. Hence, it helps lessen the damage to our environment.



Some healthy practices that minimize resource use, waste, pollution, and environmental damage include: composting at home, growing your own plants and vegetables, using products made out of recycled materials, conserving water and electricity, selling or donating old items instead of throwing them away, using reusable containers and bags, avoiding the creation of unnecessary waste, and keeping your surroundings clean. Doing these things and encouraging your family and your community to do the same will create a significant positive impact on our environment.



LESSON 3

SHARPENING YOUR SKILLS

- I. **Directions:** Using the graphic organizer below, enumerate ways on how you can minimize resource use, waste, pollution and environmental damage in the following places. Do this activity on a separate sheet of paper.

HOME

1.

2.

SCHOOL

1.

2.

MARKET

1.

2.

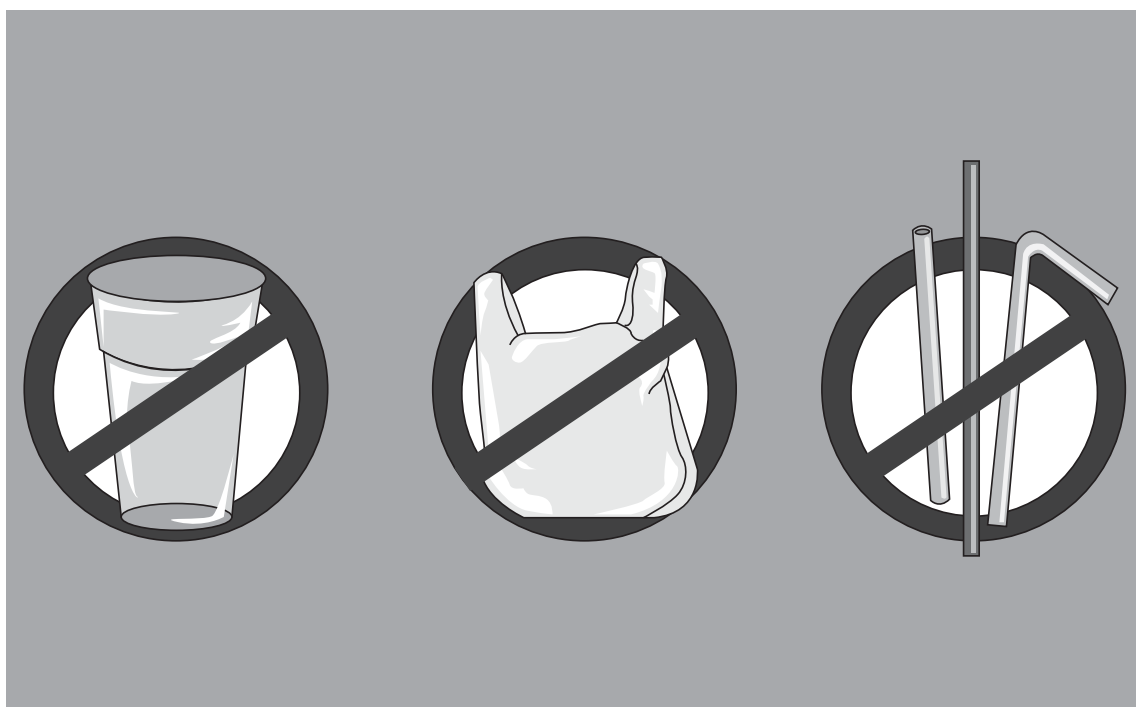
STREETS

1.

2.

II. Directions: Read the article below. Analyze it using the given template as your guide. Do this activity on a separate sheet of paper.

BANNING STRAWS AND BAGS WON'T SOLVE OUR PLASTIC PROBLEM



Use of single-use plastics (think wrappers, straws and bags) has skyrocketed over the last few decades. But our ability to recycle these plastics at scale remains poor. Globally, 8 million metric tons of plastic trash leak into our natural spaces each year, harming wildlife, mucking up the ocean and jeopardizing people's livelihoods. So it's understandable why bans are becoming popular. It's encouraging that local governments are focusing on passing laws to fight plastic litter. Unfortunately, while these laws may reduce the most visible form of plastic pollution, it could be at the expense of other environmental impacts. That's because, somewhat ironically, disposable plastic bags require fewer resources (land, water, CO₂ emissions, etc.) to produce than paper, cotton or reusable plastic bags—by a wide margin.

LESSON 3

For example, Denmark's Ministry of Environment and Food found that you would need to reuse a paper bag at least 43 times for its per-use environmental impacts to be equal to or less than that of a typical disposable plastic bag used one time. An organic cotton bag must be reused 20,000 times to produce less of an environmental impact than a single-use plastic bag. That would be like using a cotton bag every day for nearly 55 years.

That same Danish study suggests that the most eco-friendly bag option for consumers is polyester, reused at least 35 times. This keeps plastic pollution out of our natural spaces and reduces the per-use environmental impacts of the bag to the lowest-possible levels. However, it will take a lot more than reusable bags to solve the plastics pollution problem. Right now, only about 9 percent of plastics are recycled globally.

We need a wider array of smart public policies, a recycling infrastructure that's right-sized for the problem, better recycling technology and new business models. Banning single-use plastic bags and straws without significant further action is putting a finger on a plug at a time when we need to suppress the tidal wave.

(Article taken from: <https://www.wri.org/blog/2018/08/banning-straws-and-bags-wont-solve-our-plastic-problem>)

LESSON 3

Title of the Article:

Background Knowledge: Before reading the article, what are the things that you already know about the topic?

Main Points of the Article: What key points and details have you learned from the article?

Vocabulary: What new vocabulary terms have you learned from the article?

Questions You Have: What questions do you have in mind after reading the article?



LESSON 3

TREADING THE ROAD TO MASTERY

Directions: Read, analyze, and answer the question below. Write an essay consisting of not more than ten (10) sentences. Your answer will be evaluated using the rubric below. Do this activity on a separate sheet of paper.

?

What changes in your lifestyle will you do to become a "green consumer"?

Exceeds Expectations (15 points)	Satisfactory (10 points)	Needs Improvement (5 points)
Meaningful response with specific ideas	Sufficiently developed response with enough explanation	Limited response with minimal explanation
Virtually no spelling, punctuation, or grammatical errors	Few spelling and punctuation errors, minor grammatical errors	A number of spelling, punctuation, or grammatical errors



MODULE 6

DON'T FORGET



- Sustainable living is a way of living that focuses on reducing the harmful effects of our consumption and lifestyle in the environment.
- Reusing old items that are still in good condition will lessen the waste that we produce.
- Needs are the things and conditions that are necessary for us to survive in this world.
- Budgeting your money does not mean that you should only spend on necessities, but you should be careful about the things that you prioritize.
- We can't have everything that we want at once. However, we can make the best of what we have while finding ways to achieve the life we want.
- Every single good and service that a person spends their money with is a result of their decision-making.
- Making an informed choice is about looking beyond what most people see, and understanding how a certain product is more beneficial than the other.
- We have the responsibility to keep our planet healthy and clean.
- The sustainability for our future generations' lives will depend on how we take care of the environment now.
- One of the most efficient ways of reducing wastes is by avoiding to create it.





MODULE 6

EXPLORE MORE

For additional activities related to the topics of this module, these resources may be helpful:

Sustainable Living Guide

(http://www.elon.edu/docs/e-web/bft/sustainability/SLGuide_LoyCenter-12-13-web.pdf)

Social Sustainability: Satisfying Human Needs

(<https://www.youtube.com/watch?v=FyT9TMlzC6s>)

Reducing Waste: What You Can Do

(<https://www.epa.gov/recycle/reducing-waste-what-you-can-do>)

Transitions to Sustainable Consumption

(<https://www.youtube.com/watch?v=EdmxaUYp01I>)

Making Informed Choices

(<https://www.aussiedeafkids.org.au/making-informed-choices.html>)



MODULE 6

REACH THE TOP

Directions: Read each statement carefully and choose the letter of the best answer to the question. Use a separate sheet of paper for your answers.

1. Sustainable living is a way of life that focuses on reducing the harmful effects of our consumption and lifestyle in the environment. There are varied ways to reduce the harmful effects of our consumption. To follow this way, how do you call something that is done by finding new purposes for old items that you already have?

A. recycling B. reusing C. redoing D. refusing
2. Allan is planning to buy a computer for his coffee shop business. This will serve as the storage of his data in his business transactions. He does not have enough money to buy the high specifications that he likes to have. Instead of buying the expensive one he opted to purchase the one with low specifications but with the same quality. What means did he follow?

A. wants B. desires C. needs D. likes
3. Dante desires to minimize his resource use at home and lessen his waste. He has accumulated sacks of plastic bottles due to his good appetite for beverages. What do you think Dante can do to maximize the use of those wastes?

A. Avoid storing plastic bottles.
B. Bury the bottles at the backyard.
C. Sell or donate the plastic bottles.
D. Throw them away.

4. Globally, 8 million metric tons of plastic trash leak into our spaces each year harming life, messing up the ocean and risking people's livelihood. You learned that the government is limiting the use of plastics in your locality. How will you fully support this program?
- A. Limit the use of plastic.
 - B. Avoid using plastic bottles and containers.
 - C. Collect littered plastics.
 - D. Use glasses in drinking and bring recyclable containers in purchasing market products.
5. Your mother is not feeling well; you are asked to buy foods for your dinner. This is the first time that you will do this, your mother gave you money and the list of items that you will buy, what is the very first thing that you need to do?
- A. Wear your favorite dress.
 - B. Go with your friends.
 - C. Go to the nearest store located in your place.
 - D. Consider which stores sells the items that you need to buy.
6. To satisfy human needs, you need to consider the difference between your wants and desires. Which of the following statements show correct human needs satisfaction?
- A. Donna is a permanent teacher; she is planning to have a car loan next month because her friends encourage her to buy the new one rather than a second hand car.
 - B. Marco wants to buy a new house for her family even if he is not capable of paying this.
 - C. Mang Luis sold their old house in the province to buy new one in the city because his work is in the City.
 - D. Mila always bought branded shoes because she knows this is the best product.

7. Teacher Ria is a Science Teacher, her lesson is “Keeping Environment Healthy”. Which statement about keeping environment healthy is correct?
- A. Reuse product that are still in good condition, be resourceful.
 - B. Donate the things that she does not need.
 - C. Make a garage sale to lessen her things.
 - D. Make a compost pit for garbage.
8. Everyone of us has a responsibility in taking care of the nature. Reducing and recycling are very important in keeping our environment clean and healthy. Which of the following does not show a best practice in keeping the environment healthy?
- A. Avoid using plastic bags every Friday as part of your advocacy campaign.
 - B. Always buy things that are not important.
 - C. Recycle and reuse waste products.
 - D. Do composting at home.
9. Teacher Catherine has a new pair of shoes. She bought it online. Before she adds it to her cart she browses first the details and specifications of this product, she also reviews the comments of other people who have already purchased the same item. What kind of consumer teacher Catherine is?
- A. sensitive
 - B. meticulous
 - C. has high standards
 - D. making informed choices
10. Which of the following statement is not promoting sustainable living?
- A. Mar brings eco-bag every time he goes to the market.
 - B. Jess reuses her old notebook for her notes in her online class.
 - C. Lorna is collecting disposable bottles to use as trash can.
 - D. Dave always buys branded and imported shirts.

ANSWER KEY

PRE-ASSESSMENT

ACTIVITY I

PAGE 2

1. Recycle
2. Consumption
3. Climate Change
4. Environment
5. Needs

ACTIVITY II

PAGE 3

1. I bring my own reusable straw when I eat outside.
2. I use the back part of printed papers for scratch.
3. I clean the rest room using the water used for rinsing clothes

LESSON 1: SUSTAINABLE LIVING

TRYING THIS OUT

PAGE 5

What do these symbols/words have in common?

Possible Answer: These are all green and are symbols about keeping the environment clean

What are the characteristics of these symbols/words?

Possible Answer: The first symbol is symbol for environment-friendly products, the second means the product is organic, and the third means the product may be used again

SHARPENING YOUR SKILLS

ACTIVITY I

PAGE 10

Possible Answers:

1. Do not get overwhelmed and shop impulsively. Pay the necessary fees first and then start to save.
2. She may use the water in other activities like for cleaning the bathroom and backyard.
3. The plastic containers may still be used as storage of food such as fish when placed in the fridge.
4. Buy that milk tea if you have extra money. If not, do not get tempted.

ANSWER KEY

ACTIVITY II

PAGE 11

Refuse:

- Plastic straws
- Plastic bags
- Plastic wrappers

Reduce:

- Electricity
- White paper
- Water

Reuse

- Plastic containers
- Plastic bags

Recycle

- Plastic bottles
- Bottle caps
- Newspaper

TREADING THE ROAD TO MASTERY

PAGE 12

Question:

What is the importance of practicing sustainable living?

Possible Answer: Practicing sustainable living means living today and being able to still have something to spend by tomorrow. Living this way is important because it will help me to get by day by day without being compromised of what I am going to spend in the coming days. It also helps not only me but also the environment because sustainable living also entails being mindful of the things I use and consume.

ANSWER KEY

LESSON 2: SATISFYING HUMAN NEEDS

TRYING THIS OUT

PAGE 14

(Answers may vary)

Possible Answers:

- **Fare:** 20 pesos
- **Lunch:** 40 pesos
- **Contribution:** 20 pesos
- **Snack:** 20 pesos

SHARPENING YOUR SKILLS

ACTIVITY I

PAGE 20

(Answers may vary)

Possible Answers:

1. **Laptop** – Need – It is necessary for our studies
2. **Cellphone** – Need – For communication with family and friends
3. **Alcohol** – Need – For sanitation and disinfection
4. **Stuffed toy** – Want – For room display
5. **Mirror with light** – Want – We have our mirror in our cabinet
6. **Flat screen TV** – Want – A smaller TV could have been bought
7. **Colored pens** – Want – Only for my sister's scrapbook
8. **Pillows** – Need – To sleep comfortably
9. **Shoes** – Want – Shoes bought on sale
10. **Flashlight** – Need – Essential in case of brownout

ACTIVITY II

PAGE 21

1. NIC
2. IC
3. NIC
4. NIC
5. IC

ANSWER KEY

TREADING THE ROAD TO MASTERY

PAGE 22

Question: As a consumer, why do you need to make informed choices?

Possible Answer:

Informed choices are important as consumers. It helps us to make sure that each amount we spend is worth it. Aside from the expenses itself, making informed choices keeps us healthy and safe from harm.

ANSWER KEY

LESSON 3: CONSUMER ENVIRONMENTAL RESPONSIBILITY

TRYING THIS OUT

PAGE 24

(Answers may vary)

Possible Answers:

1. Often
2. Sometimes
3. Often
4. Often
5. Often
6. Sometimes

SHARPENING YOUR SKILLS

ACTIVITY I

PAGE 27

(Answers may vary)

Possible Answers:

Home:

- Conserve water
- Segregate wastes

School:

- Do not waste paper
- Bring packed lunch

Market:

- Bring our own eco-bag
- Do not buy items in single-use plastics

Streets:

- Do not throw candy wrapper in the streets
- Walk or ride a bike rather

ACTIVITY II

PAGE 28

Before reading the article, what are the things that you already know about the topic?

Possible Answer:

Single-use plastics contribute largely to the world's pollutants and different organizations have suggested the banning of its use in the hope of reducing plastic pollution. This led to the use of alternatives such as paper and cotton as reusable plastic bags.

What key points and details have you learned from the article?

Possible Answer:

Local governments have been focusing on the reduction of plastic litter by promoting the use of reusable materials. It turns out, however, that we may be decreasing the plastic pollutants but we are spending more resources in producing alternatives like plastic and cotton.

What new vocabulary terms have you picked up from the article?

Possible Answer: The new vocabulary terms I learned were single-use plastics, eco-friendly, and polyester.

What questions do you have in mind after reading the article?

Possible answers:

- What other ways can we do to lessen the environmental impacts of single-use plastics?
- How can we improve the policies that we have to maximize its positive effects to the environment?

ANSWER KEY

TREADING THE ROAD TO MASTERY

PAGE 31

Question:

What changes in your lifestyle will you do to become a “green consumer”?

Possible Answer:

To become a “green consumer”, I will change my lifestyle by eating less meat and taking more fruit and vegetables. I also need to have a major reduction in the use of plastics and other non-biodegradable material to help the environment.

REACH THE TOP

PAGE 34

1. A
2. C
3. C
4. D
5. D
6. C
7. A
8. C
9. D
10. D

GLOSSARY

Carbon Footprint	total greenhouse gas emissions caused by an individual, event, organization, good, or service, expressed as carbon dioxide equivalent
Climate Change	change in global or regional climate patterns
Consumption	the act of using up of a resource
Environmental Equilibrium	balance between living organisms such as human beings, plants, and animals as well as their environment
Informed Choices	decisions based on facts or information
Lifestyle	the way in which a person or group lives
Needs	things that are important for people to survive
Recycle	process of converting wastes into new materials
Sustainable Living	a lifestyle that attempts to reduce an individual's use of resources
Wants	desires that can be satisfied by consuming goods or services

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