

LEARN & ACT Student Worksheets

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# Sustainable Consumption and Production

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 **“Less stuff, more happiness”**

[https://www.ted.com/talks/graham\\_hill\\_less\\_stuff\\_more\\_happiness?utm\\_campaign=tedsread&utm\\_medium=referral&utm\\_source=tedcomshare](https://www.ted.com/talks/graham_hill_less_stuff_more_happiness?utm_campaign=tedsread&utm_medium=referral&utm_source=tedcomshare)

- After watching the video, answer the questions below.

1. What is the video about?

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2. What are the “joys of less” that the speaker in the video mentioned?  
What values can we gain when we reduce consumption and own less?

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3. The speaker in the video started the Life Edited project to practice a life that consumes less and owns less. The first activity of the project was called Apartment of 420 Square Meters. What kind of activity is this and how did it affect the speaker? Please fill in the blanks in the table.

Activities	
Results	



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4. What are the three main approaches to a low-consumption and low-ownership life introduced in the video? And what are specific methods to practice them?

1. Throw away unnecessary things. Practice) Throw away clothes that you don't wear often.
2. Practice)
3. Practice)

5. Do you also have piles of unused items in your home? If so, what are they? What is the reason for keeping those items that you do not use?

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## "Meat-free Monday"

<https://youtu.be/Wq1CTeuV8ws>

- After watching the video, answer the questions below.

1. How does not eating meat one day of the week affect global warming?

Please refer to the examples below.

The various types of meat on the table are one of the main culprits in greenhouse gas emissions.  
A huge amount of greenhouse gas is generated in the process of raising livestock to produce meat.  
Various types of greenhouse gases are emitted from livestock burping and manure as well as from livestock feed processing.  
Human meat eating is warming the planet.

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2. Eating less beef among other meats has many effects.

What is the effect introduced in the video?

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3. What are some foods we can actively choose for a sustainable global environment?

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4. Referring to the campaign in the video, write an SNS promotional article encouraging sustainable food consumption.

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