

How sustainable are your lifestyle habits?

1. Which of these everyday food habits has the lowest carbon footprint?

- A. Eating locally produced beef
- B. Eating imported plant-based proteins
- C. Buying pre-packaged processed meals
- D. Leaving leftovers in the fridge until they spoil

2. How much can you save on your annual heating bill by turning your home thermostat down by just 1°C?

- A. 2%
- B. 5%
- C. 10%
- D. 20%

3. What is the most sustainable way to dry your laundry when weather permits?

- A. Running a high-efficiency tumble dryer
- B. Air-drying on a clothesline or rack
- C. Placing wet clothes directly on heating radiators
- D. Using a combined washer-dryer eco cycle

4. What happens to the environment when food waste is sent to a landfill?

- A. It decomposes quickly without any atmospheric impact
- B. It breaks down anaerobically into methane, a potent greenhouse gas
- C. It turns directly into nutrient-rich topsoil for local wildlife
- D. It gets safely stored indefinitely without releasing emissions

5. Which action represents an effective contribution to a "circular economy"?

- A. Buying single-use items made from virgin plastics
- B. Upcycling old wooden furniture instead of throwing it away
- C. Burning household waste to generate home electricity
- D. Shipping plastic waste to overseas processing plants



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1. Which of these everyday food habits has the lowest carbon footprint?

- **✗ A. Eating locally produced beef:** Livestock production generates massive methane emissions. The type of food matters far more than the transport distance.
- **B. Eating imported plant-based proteins:** Correct. Studies consistently show that plant-based foods produce significantly lower emissions than meat, even when transported from overseas.
- **✗ C. Buying pre-packaged processed meals:** Processing and heavy plastic packaging add significantly to an item's lifetime carbon footprint.
- **✗ D. Leaving leftovers in the fridge until they spoil:** Food waste rotting in landfills is a primary driver of global emissions.

2. How much can you save on your annual heating bill by turning your home thermostat down by just 1°C?

- **✗ A. 2%:** Too low. Small changes in temperature yield much higher energy efficiency gains.
- **✗ B. 5%:** Underestimated. Home heating is a major energy consumer.
- **C. 10%:** Correct. Data verified by energy experts shows that dropping your thermostat by just 1°C can save up to 10% on heating bills.
- **✗ D. 20%:** Overestimated for a single-degree adjustment.

3. What is the most sustainable way to dry your laundry when weather permits?

- **✗ A. Running a high-efficiency tumble dryer:** Even eco-rated appliances consume substantial electricity compared to natural alternatives.
- **B. Air-drying on a clothesline or rack:** Correct. Line drying utilizes zero electricity and requires no manufacturing footprint for operation.
- **✗ C. Placing wet clothes directly on heating radiators:** This makes your boiler work much harder, lowering home energy efficiency.
- **✗ D. Using a combined washer-dryer eco cycle:** While better than standard dryer settings, it still draws heavy grid power.

4. What happens to the environment when food waste is sent to a landfill?

- **✗ A. It decomposes quickly without any atmospheric impact:** Compressed landfill conditions lack the oxygen needed for clean decomposition.
- **B. It breaks down anaerobically into methane, a potent greenhouse gas:** Correct. Trapped organic waste decomposes without oxygen, producing methane gas which accelerates global warming.
- **✗ C. It turns directly into nutrient-rich topsoil for local wildlife:** This only happens during proper backyard or industrial composting.
- **✗ D. It gets safely stored indefinitely without releasing emissions:** Landfills actively leak greenhouse gases into the atmosphere for decades

5. Which action represents an effective contribution to a "circular economy"?

- **✗ A. Buying single-use items made from virgin plastics:** This follows a linear "take-make-waste" model.
- **B. Upcycling old wooden furniture instead of throwing it away:** Correct. The circular economy focuses on eliminating waste by keeping resources and products in use for as long as possible.
- **✗ C. Burning household waste to generate home electricity:** Incineration destroys the materials entirely rather than circulating them.
- **✗ D. Shipping plastic waste to overseas processing plants:** Heavy transport emissions and low tracking accountability compromise sustainability.

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