

Vocabulary Preview

1. Plastic (塑膠)
2. Waste (浪費)
3. Actually (其實)
4. Reduce (減少)
5. Environment (環境)
6. Reusable (可重複使用的)
7. Items (物品)
8. Utensils (餐具)
9. Avoid (避免)
10. Single-use (一次性)
11. Straws (吸管)
12. Cutlery (餐具)
13. Alternatives (替代品)
14. Metal (金屬)
15. Participate (參加)
16. Events (活動)
17. Community (社區)
18. Remove (移除)
19. Spread the word (傳播訊息)
20. Encourage (鼓勵)
21. Impact (影響)
22. Eco-friendly (環保)
23. Brands (品牌)
24. Companies (公司)
25. Products (產品)
26. Packaging (包裝)
27. Recycle (回收)
28. Sort (分類)
29. Protect (保護)
30. Planet (星球)

As a junior high school student, you might feel like you can't do much about big problems like **plastic waste**. But **actually**, we can make a big difference! There are many things we can do to help **reduce** plastic waste and take care of the **environment**.

One thing we can do is bring our own **reusable items**. Instead of using plastic bags, bottles, and **utensils**, we should use items we can use again. For example, use a water bottle that you can fill up many times and bring cloth bags when you shop. This small change can make a big difference.

Another thing to do is to **avoid** using **single-use** plastics. These are things we use only once, like plastic **straws** and **cutlery**. We can choose **alternatives** like paper straws or **metal** cutlery instead. Every time we pick reusable items, we help reduce waste.

We can also **participate** in clean-up **events** in our **community**. These events help **remove** plastic waste from places like beaches and parks and help others see why this is important.

It's also important to **spread the word**. Talk to friends and family about why it is important to use less plastic. Share what you know and **encourage** others to make changes too. The more people know, the bigger the **impact** we can make!

Supporting **eco-friendly brands** is another way to help. When you buy from **companies** that use less plastic or offer **products** with eco-friendly **packaging**, you are helping push more **companies** to be green. Finally, make sure to **recycle** correctly. Check what can be recycled in your area and **sort** your waste the right way.

Even though we are still in school, every little action counts. By making small changes in our daily lives, we can help reduce plastic waste and **protect** our **planet**. Let's work together to make the world cleaner and greener!

Grammar Corner

1. One thing we can do is bring our own reusable items.

One thing (that) we can do 是名詞子句，當作主詞，that 可以省略。is 是動詞。在大多數情況下，簡單使用「bring」而不是「to bring」是更自然的選擇，尤其是在口語和非正式寫作中。「One thing we can do is to bring our own reusable items.」是更正式的寫法。

2. Instead of using plastic bags, bottles, and utensils, we should use items we can use again.

這句話以介詞片語「Instead of using plastic bags, bottles, and utensils」開頭。主要的句子是「we should use items we can use again」。We should use items (that) we can use again 省略了 that，that we can use again 是關係子句，形容 items。

We should use items we can use again instead of using plastic bags, bottles, and utensils. 這樣反過來的寫法也可以喔，instead of 前面不需要逗號。

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