

1) Read the following article and decide whether the statements are True or False.

## The problem with fast fashion – and how to fix it

Clothes are more cheaply available than ever, but there are more ethical ways to be stylish without the shopping urge.

I stopped buying new clothes last year, increasingly worried by the impact of cheap fashion. It's been really stimulating – so I decided to step it up a bit and over the course of a month create a whole new outfit from my wardrobe without buying anything new, that would fit in with the latest fashions. I didn't plan to buy new things, I just wanted to modify or embellish things that I already had.

Very cheap fashion items are now readily available. Why mend, repair or embellish something, when it is so cheap to just buy something new? But there are problems with constantly buying new clothes at such low quality. For example, many clothes contain cotton, the production of which involves a large volume of pesticides. Cotton soaks up 11-12% of the world's pesticides, which as we know are damaging to the environment and to those that work with them. On top of this tremendous pressure is being placed on factory workers, and we only need look at [Rana Plaza](#) to know the potential tragedy of this situation.

In addition, a large proportion of clothes that are chucked out end up in landfill. According to Wrap, around £140m (350,000 tonnes) worth of used clothing goes to landfill in the UK every year – that's around 30% of our unwanted clothing. A large proportion of our clothes is recycled, but this puts pressure on the environment too.

When I stopped buying new things and started shopping in charity shops, although it is a more eco-friendly way to shop, I had the same attitude. The clothes were so cheap I felt that I could buy as much as I liked and I didn't take quality into account at all. Last November I decided to take things further and haven't bought any clothes new or secondhand for myself since. But this month's challenge really stepped things up and has been great fun.

### Lessons from a month of slow fashion

- Some people find not buying new clothes easy – I like it because I simply can't be bothered to shop.
- A limited wardrobe makes getting up in the morning quicker and can mean you get to wear your favourite clothes over and over again.
- Clothes wear out when worn repeatedly. I didn't want to wear the same clothes too much as I didn't want to wear them out and have another mending job on my hands.
- Nobody really cares if you wear the same dress for days on end.
- I was able to emulate one of the latest fashions with stuff I already owned. (It did involve cutting and sewing though, which may not be for everyone)

<b>STATEMENTS</b>	<b>TRUE</b>	<b>FALSE</b>
1. The writer of the text decided to change his/ her shopping habits.		
2. It is cheaper to buy new clothes than repair the ones you already have.		
3. Low quality clothing puts a lot of strain on the environment.		
4. Growing cotton is environmentally friendly.		
5. People who work in the clothing industry are always safe.		
6. Throwing away new clothes means throwing your money away.		
7. Recycling our clothes means that no harm is done to the environment.		
8. The writer implies that even buying a lot of secondhand clothes also damages the planet.		
9. According to the writer of the text, less is more.		
10.If we practice mending and sewing we can stay in fashion without buying new garments.		

2. Fill in the following sentences with words in the box.

tempting, spare, textile, agriculture, waste, consequence, prevent, mending, charity, wastewater

1. The company uses \_\_\_\_ of the highest quality.
2. Each year tons of food go to \_\_\_\_.
3. The offers at the store were very \_\_\_\_\_ and I bought in bulk things I didn't really need.
4. Wearing a mask can \_\_\_\_\_ any disease from spreading.
5. Eating junk food can have serious health\_\_\_\_\_.
6. Having\_\_\_\_\_ skills can help you refresh your closet without buying.
7. Laura organised a \_\_\_\_\_ ball to raise money for the local orphanage.
8. I would love to come but I can't \_\_\_\_\_ the time.
9. The main industry of the nation is nowadays tourism, not \_\_\_\_\_.
10. \_\_\_\_\_ comes from ordinary living processes: bathing, toilet flushing, laundry, dishwashing, etc.