

# My Green Diary

DECEMBER 2023



# DEC 1

- I volunteered to collect waste at school.
- I walked to school. I didn't want my mum to give me a lift and send chemicals into the air.
- I talked to my family about the importance of helping the environment over lunch.

# DEC 2

- I unplugged some household appliances when not in use.
- I recycled some paper and cardboard.
- I went shopping with my family but didn't buy a beautiful sweater, because I have many.

# DEC 3

- This morning I planted some bean seeds.
- I used some empty cans to make Christmas ornaments.
- My father ordered some food for dinner and I went to the shop to collect it.

# DEC 4

- I turned off the lights when I left the rooms.
- I unplugged electronic devices.
- I recycled some organic waste to make compost.

# DEC 5

- I recycled and separated rubbish.
- I recycled glass and organic waste.
- I took a short shower to save water.

# DEC 6

- I collected the trash and separated it into recycling containers.
- My father has installed solar panels to save energy.
- I made Christmas decorations with recycled materials.

# DEC 7

- I ate a cheeseburger wrapped up in a plastic bag and I threw the plastic bag into the plastic bin.
- I collected rubbish around a lagoon.
- I read a book about compost making.

# DEC 8



- In the morning, my mother installed a green roof for the conservation of bees.
- I learnt about the environment watching a documentary

# DEC 9

- I collected water while it was raining to water the plants with it.
- I returned home by bus to save energy.
- I recycled paper.

# DEC 10

- I unplugged some household appliances when not in use.
- I bought second-hand clothes in Vinted.
- I turned off all the lights in my house to take advantage of the sunlight.

The screenshot shows the Vinted mobile application interface. At the top, there is a search bar with the text "Artículos" and "Busca artículos". To the right, there are buttons for "Regístrate" and "Inicia sesión". Below the search bar, there is a navigation menu with categories: "Mujer", "Hombre", "Niños", "Hogar", "Entretenimiento", "Masotas", "Sobre Vinted", and "Nuestra plataforma". The main content area displays a grid of items under the heading "Artículos populares".

Item	Price	Original Price	Condition	Size	Likes
White handbag	20,00 €	21,70 € incl. IVA	Good		3
Book: El escarabajo de oro y otros cuentos	8,80 €	9,94 € incl. IVA	Good		9
Blue and grey cardigan	18,90 €	20,55 € incl. IVA	Good	Talla única	5
Black lace jewelry	3,50 €	4,38 € incl. IVA	Good		36
Red dress	6,00 €	7,00 € incl. IVA	Good	M / 38 / 10	7

# DEC 12

- I bought reusable straws so I didn't have to use disposable ones...
- I planted some seeds in the garden.
- I went up the stairs to my apartment so as not to use the elevator and waste electricity.



# DEC 13

- At school, during the break, I planned my meals to reduce food waste.
- I made a gift for a friend with recycled materials.
- I participated in a reforestation activity in my community.

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado	Domingo
Desayuno	Leche y muesli con yogur y frutas	Leche y tostadas con aceite y tomate	Leche con galletas y fruta	Leche y muesli con yogur y frutas	Leche y tostadas con aceite y tomate	Leche con galletas y fruta	Leche y tortillas con frutas
Comida	Lentejas estofadas con zanahoria y patatas	Ensalada de pasta con tomates y mozzarella	Estofado de ternera con verduras	Garbanzos con espinacas	Paella	Salmon con miel y mostaza Judías verdes	Macarrones a la bolonuesa Ensalada
Merienda	Pan con jamón dulce	Bizcocho de yogur	Pan con queso	Bizcocho de yogur	Pan con pechuga de pavo	Macedonia de frutas	Bizcocho de yogur
Cena	Pollo a la plancha con colabacin	Dorada al horno con patatas a lo pobre	Arroz a la cubana con huevo frito	Lenguado a la plancha Ensalada de tomate y pepino	Pollo al chilindrón Ensalada verde	Tortilla de patatas Pimientos escalivados	Líbrico Ensalada

# DEC 14

- My mother wanted to travel to Hawaii but I told her to change the destination of our trip because tourism has caused serious environmental damage to Hawaii's natural areas.
- I recycled and separated rubbish.
- I explored options for eco-friendly cleaning products.

# DEC 15

- I reused glass jars to store food instead of using plastic containers.
- I turned off the tap while I was brushing my teeth to save water

# DEC 16

- I bought local and seasonal foods at the local market.
- I went to the beach and picked up trash.
- I took a short shower to save water.

# DEC 17

- I went to CADISLA Foundation workshop to make things out of recycled materials.
- I watched a documentary about bees.

# DEC 18

- I read a book about the environment.
- I participated in a demonstration to support Greta Thunberg.



# DEC 19

- I turned off all lights and appliances not in use.
- I went shopping with my family and I bought biodegradable cleaning products

# DEC 20

- I volunteered to collect waste at school.
- I made a toy for my little sister using recycled materials.
- I unplugged electronic devices.
- I took a short shower.
- I ate vegetables that I planted in my garden.

Paula Moreno 2º ESO