#### My Green Diary December 2023

Erasmus+

#### Eladio Cabañero

- 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.

- 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.

- 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.

- 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.

- 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.





- In the morning, my mother installed a green roof for the conservation of bees.

- I learnt about the environment watching a documentary

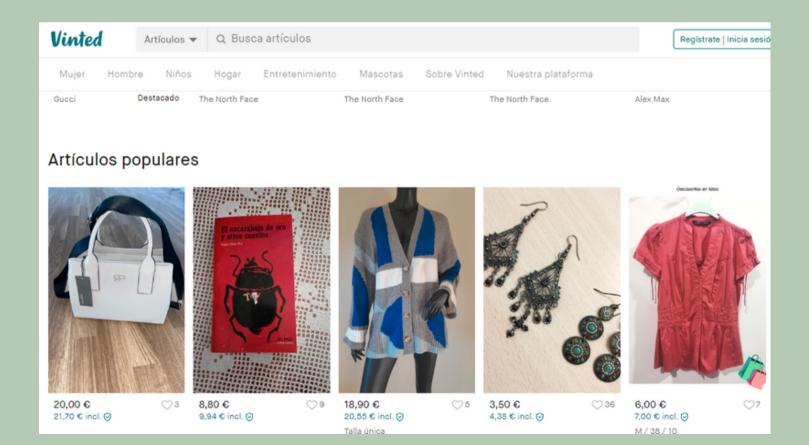
#### DEC 9

- I collected water while it was raining to water the plants with it.

- I returned home by bus to save energy.
- I recycled paper.

- 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.



- 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.

- 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 muesii con yogur y frutaa	Leche y tostadas con aceite y tomate	Leche con galletas y fruta	Leche y muesilicon yogur y frutia	Leche y tostadas con aceite y tomate	Leche con galletas y fruta	Leche y tortillas con frutas
Comida	Lertejaa ostoladas con zanahoria y patatas	Ercialada de pásilo con tomales y mozzanella	Estatado de ternera con verduras	Garbanzos con espinacas	Pasta	Salmón con miel y mostaza Judias verdes	Macartores a la boloñesa Erealada
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 calabacin	Dorada al homo con patatas a lo pobre	Arroz a la cubana con huevo frito	Lenguado a la plancha Ensalada de tomate y pepino	Polio al chilindrón Ensalada verde	Tortilla de patatas Pimientos escalivados	Libritos Ensalada

- 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

- 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.

- I read a book about the enviroment.

- 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

- 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