

**Q** What is sustainability?

- a The environment
- b The ability to exist and develop without damaging or degrading the environment
- c The world

**A** b



**Q** What are the 3 key tenets of sustainability? (S.E.E)

- a Houses, grass, trees
- b Cars, buses, gas
- c Social, economic, environmental

**A** c



**Q** Why is resource sustainability important to your business?

- a It helps secure your long-term business viability in addition to reducing costs
- b It increases pay rises for employees
- c It gets new customers

**A** a



**Q** Why is sustainability needed?

- a The world will end in 2019
- b Aliens will take over
- c To help stop both climate change and poverty

**A** c



**Q** What is sustainable waste management?

- a Minimising waste production and making best use of what is produced by recycling
- b Wasting everything
- c Buying new things

**A** a



**Q** Why should health and safety be sustained?

- a To protect clients and workers
- b To break the law
- c To provide more money

**A** a



**Q** What form of lighting should a therapist try and use?

- a No lighting
- B Heavy lighting
- c Mag lamp, natural light, dimmer light

**A** c



**Q** What should therapists do with the empty product bottles?

- a Cut them up
- b Recycle and reuse
- c Discard them

**A** b



**Q** What should a therapist try and use less of?

- a Oils
- b Towels
- c Both

**A** c



**Q** What is sustainable procurement?

- a Nothing to worry about
- b Less people in the world
- c Sourcing purchases which have the lowest ecological footprint and decrease social injustice.

**A** c



**Q** What are the key sustainability issues for local governments?

- a Funding cuts
- b Delivering economic growth and meeting housing and other social needs whilst at the same time protecting and enhancing the environment
- c Population change

**A** b (or all)



**Q** How can we achieve sustainability?

- a By sustainably scaling the economy relative to the environment and ensuring the fair distribution of resources amongst people and between different generations
- b By campaigning
- c By reading a book



**Q** What are some simple ways in which businesses can become greener?

**A** By turning off the lights when not in use, changing screen savers and shutting down computers at night.



**Q** How can we innovate and offer greener products and services to clients?

**A** Businesses must really consider whether the products and services they offer are needed, how they contribute positively to a triple bottom line and how they can then be produced most sustainably.



**Q** At what temperature should we wash our laundry in order to kill bacteria and prevent cross-contamination?

**A** 30 degrees



**Q** To save energy what temperature should you wash general laundry at?

**A** 30 degrees



**Q** What is sustainable development?

**A** Improving quality of life while living within the carrying capacity of supporting ecosystems.



**Q** Is sustainability just about the present?

**A** No



**Q** What is environmental sustainability?

**A** Long term maintenance of ecosystem components and functions for future generations.



**Q** Can hair be recycled?

**A** Yes



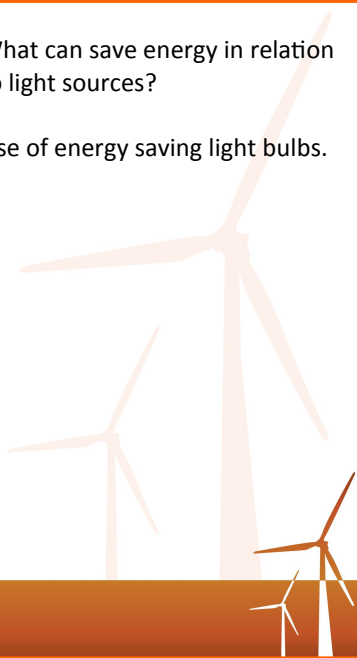
**Q** Name 3 places where you could find recycled objects:

- A**
- i Council
  - ii Charity shop
  - iii Car boot sale



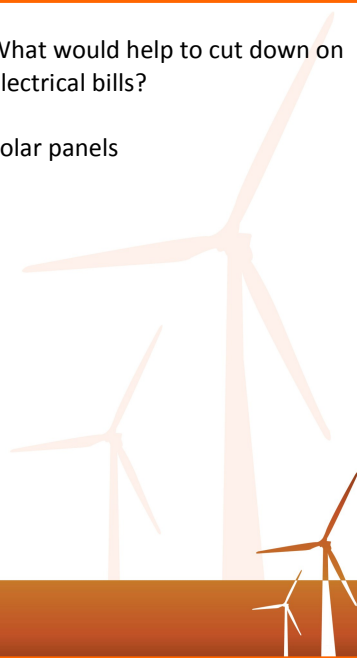
**Q** What can save energy in relation to light sources?

**A** Use of energy saving light bulbs.



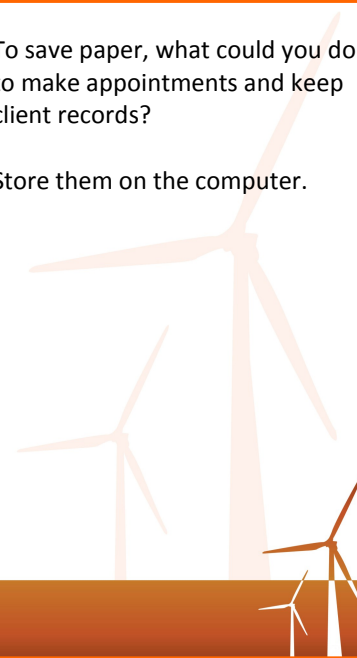
**Q** What would help to cut down on electrical bills?

**A** Solar panels



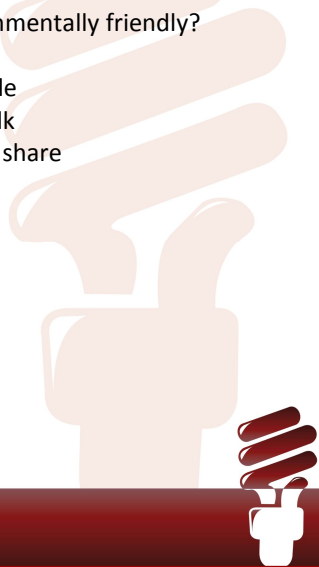
**Q** To save paper, what could you do to make appointments and keep client records?

**A** Store them on the computer.



**Q** If you usually drive to work, what could you do instead to be more environmentally friendly?

- A**
- i Cycle
  - ii Walk
  - iii Car share



**Q** If electrical equipment is still plugged in after use, what could you do to save energy?

**A** Turn it off at the mains.



**Q** A dishwasher uses 11 gallons (50 litres) of water every time you use it, what could you do instead to save this water?

**A** Wash up by hand in the sink.



**Q** Where could you find recycled clothes?

**A** Charity shop

**Q** How much water are you saving by having a shower instead of a bath?

**A** 4.5 gallons (20 litres)

**Q** How can you save water in the salon?

**A** Turn off the taps when not in use.



**Q** Would getting automatic lights in toilets, cupboards etc save electric?

**A** Yes

**Q** If you open/close windows when it is hot/cold, would it be cheaper on your bills?

**A** Yes

**Q** How could your salon benefit from recycling?

**A** It would make you more efficient and socially and environmentally responsible.



**Q** What could you do in the salon to make it more eco friendly?

- A**
- i When colouring hair, use plant-based colours without certain chemicals.
  - ii When blow drying, turn off hairdryer after each section.
  - iii When shampooing, turn the tap off in between washes.

**Q** List 5 things you can do at home to save energy:

- A**
- i Shower instead of bath
  - ii Only boil the kettle with the amount of water you need
  - iii Use energy saving light bulbs
  - iiii Turn equipment off at the mains
  - iiii Recycle

**Q** How many gallons of water does a dishwasher use?

**A** 11 gallons (50 litres)



**Q** How could the salon promote recycling?

**A** Fit a recycling bin next to regular bins around the salon where possible.



**Q** Where could you find out about recycling?

**A** The local council will give you all the information and guidance on recycling.



**Q** How can you save energy when using your washing machine?

**A** Put it on a colder wash and make sure your machine is full.



**Q** Where would you put any paper, cardboard, tins and fabrics when you have finished with them?

- a On the floor
- b In the appropriate recycling bin
- c In the bin

**A** b



**Q** Where would you recycle bottles?

**A** In a bottle bank



**Q** When using hair dryers and/or straighteners, how can you save energy?

**A** Before using them you should first consider whether your use is absolutely necessary. If it is deemed necessary then turn the heat down.



**Q** How can you save energy when drying clothes?

**A** Dry clothes on the line or on a radiator instead of using the tumble dryer.



**Q** Name 3 items of food packaging that can be recycled:

- A** i Bottles
- ii Cans
- iii Cartons



**Q** Name 3 items that can be recycled from the salon:

- A** i Packaging and boxes from deliveries
- ii Empty product bottles
- ii Ruined towels and gowns



Q How can you recycle food?

A Compost bins



Q What proportion of methane emissions are produced by landfill sites?

- a 10%
- b 90%
- c 25%

A c



Q What does this logo stand for?

- a Forest Stewardship Council
- b Forest Sustainability Co.
- c Federation pour le Relèvement de la Campagne

A a



Q You cannot recycle hair straighteners or hairdryers. True/False?

A False



Q Which two mobile phone companies have released an “eco design” model?

- a Samsung
- b Blackberry
- c Motorola
- d HTC
- e Nokia

A a and c



Q In 2001 household recycling in Central Beds only accounted for 5% of household waste. What has that figure now risen to?

- a 12%
- b 25%
- c 47%

A c



Q Which of these is **not** sustainable for UK customers?

- a Eating cox apple grown in Somerset.
- b Eating cod fish fingers
- c Eating British grown tomatoes in July

A b



Q Recycling one tonne of paper can save:

- a 7,000 gallons of water
- b 1,000 gallons of water
- c 3,000 gallons of water

A a



Q What is a simple way to conserve water?

A Turn the tap off when not in use (e.g. when brushing your teeth)



**Q** Which of these bits of rubbish cannot be turned into compost?

- a Plastic bag
- b Apple core
- c Potato peelings

**A** a

**Q** Recycling just one glass bottle or jar can save enough energy to run your TV for how long?

- a 30 seconds
- b 45 minutes
- c 1 ½ hours

**A** c

**Q** How many average sized trees are saved by recycling 1 tonne of paper?

- a 6
- b 17
- c 1

**A** b

**Q** European countries such as Switzerland and the Netherlands have a rate of 80% for recycling glass bottles and jars, what % is the UK?

- a 6-8%
- b 25-27%
- c 60%

**A** a

**Q** Every year in the UK, 25-30 million scrap tyres are generated, what percentage is retreated and reused?

- a 10%
- b 65%
- c 21%

**A** c

**Q** USA and Australia recycle 2/3 aluminium cans and food tins, how much of the same thing does the UK recycle?

- a 1/2
- b 1/4
- c 1/3

**A** c

**Q** In the UK, what percentage of commercial waste is incinerated?

- a 5%
- b 7.5%
- c 10%

**A** b

**Q** There are over 4000 landfill sites in the UK, how much methane is produced from these each year?

- a 1.1 million tonnes
- b 1.3 million tonnes
- c 1.5 million tonnes

**A** c

**Q** Recycling just 2 glass bottles saves enough energy to boil water for how many cups of tea?

- a 10
- b 5
- c 15

**A** b

- Q** Which two actions are not optimally efficient from an energy efficiency standpoint?
- a Turning all appliances to stand-by when not in use.
  - b Turning off and unplugging all appliances when not in use.
  - c Turning off all lights when not in the room.
  - d Leaving lights on in only the rooms you are moving between.

**A** a and d



- Q** Most of the energy used on Earth today originally came from which source?
- a The Sun
  - b Oceans
  - c Soil
  - d Air

**A** a



- Q** Give 2 reasons why we should recycle glass:

- A** i To save extracting minerals to save energy
- ii To reduce the greenhouse gases



- Q** Name 3 different colours of glass:

- A** i White
- ii Green
- iii Brown



- Q** Why does recycling glass help to conserve the countryside?

- A** Less land is needed for landfill sites.



- Q** What colour is the recycle logo?

- A** Green



- Q** How do you recycle horse manure?

- A** Spread it on lawns/soil.



- Q** In the UK in 2002/3 what household source was collected the most from recycling?

- a Compost
- b Plastics
- c Glass
- d Scrap metal

**A** a



- Q** What is incineration?

- a Burning of waste
- b Melting
- c Releasing energy after burning waste

**A** a





**Q** How much waste goes straight to landfill every year, despite 90% of it being recoverable?

- a 73%
- b 60%
- c 100%

**A** a

**Q** How many millions of tonnes of hazardous waste are produced in the UK every year?

- a 1.3
- b 74
- c 5.2
- d 10.9

**A** c

**Q** Over 80% of renewable energy is generated from waste through landfill gas, or energy from waste facilities? True/False

**A** False – over 50%

**Q** How much waste is generated in the UK each year?

- a 434 million tonnes
- b 9042 million tonnes
- c 21 million tonnes
- d 54 million tonnes

**A** a

**Q** Incineration is the process in which waste is burned and left to decompose naturally? True/False

**A** False – it is the process in which waste is burnt

**Q** The most common items found in the general waste bin despite being able to recycle, compost or renew are?

- a Wood, nappies and non-combustibles
- b Kitchen waste, soil and other organics and paper
- c Paper, glass, plastic and garden waste

**A** c

**Q** What is organic food?

**A** Food that is farmed without the use of pesticides & antibiotics.

**Q** What are the many functions of trees?

**A** Trees breathe in carbon dioxide and lets out oxygen giving us cleaner air to breathe in.

**Q** Municipal waste is?

- a Only waste that can be recycled
- b Waste that goes to landfill by the government
- c All waste collected by the waste collection authorities

**A** c

**Q** How long does it take for a plastic bag to decompose?

- a 40 years
- b 200 days
- c 400 years

**A** c

**Q** Can bricks be recycled?

**A** Yes

**Q** How much paper does the average British household throw away each year in equivalent to trees?

- a 2 trees
- b 6 trees
- c 10 trees

**A** b

**Q** What does GWP stand for?

- a Gross Written Premiums (The sum total of all insurance underwritten)
- b Global Warming Potential (The amount of global warming different chemicals produce relative to Co2)
- c Global Water Partnership (The organisation dedicated to sustainable water supplies)

**A** b

**Q** Is glass biodegradable?

- a Yes
- b No

**A** b

**Q** What other fuel could you use instead of petrol or diesel in a car?

**A** Hydrogen gas

**Q** Can you recycle painted wood?

**A** No

**Q** Which method of drying your hands has the biggest carbon footprint?

- a Electric hand dryers
- b Laundered towels
- c Paper towels

**A** b

**Q** If the UK was covered in rainforest, how long would it take before it was cut down, at the current rate of deforestation?

- a More than 10 years
- b More than 20 years
- c Less than 2 years

**A** c

**Q** Recycling one tonne of paper can save?

- a 7,000 gallons of water
- b 1,000 gallons of water
- c 3,000 gallons of water

**A** a

**Q** Which of the following food items has travelled the most food miles?

- a Kiwi fruit from New Zealand
- b Oranges from Spain
- c Apples from Dorset

**A** a

**Q** How many years does it take for a single aluminium can to decompose?

- a 20 – 40 years
- b 60 – 80 years
- c 80 – 100 years

**A** c



**Q** If all the wind around the UK coasts could be harnessed for energy, how much of our energy needs could be met by this source alone?

- a Three times our energy needs
- b None of our energy needs
- c All of our energy needs

**A** a

**Q** What was the main item recycled in 2009?

- a Glass
- b Computers
- c Christmas trees

**A** b

**Q** How many bins per day does the average refuse collector empty?

- a 100
- b 1000
- c 500

**A** b



**Q** What does this sign mean?

**A** Recycle

**Q** Can you recycle telephone books and yellow pages?

**A** Yes

**Q** Can you recycle spectacles?

**A** No, but spectacles can be reused



**Q** How many trees does it take to make 1 tonne of newspaper?

- a 24
- b 36
- c 18

**A** a



**Q** Is cling film or aluminium foil better to wrap sandwiches in?

- A** Aluminium foil. However the best option is to use a re-useable container.



**Q** What is global warming?

- A** An increase in the average temperature of the earth's atmosphere.



**Q** Within people's general household waste, what percentage of rubbish can be recovered?

- a 90%
- b 30%
- c Under 5%

**A** b



**Q** Which local authority is charged with waste disposal?

- a The authority of disposing waste
- b The waste disposal authority
- c Rubbish collecting unit

**A** b



**Q** How many trees in the Amazon rainforest are being cut down yearly?

- a 13 million hectares
- b 10 million hectares
- c 800 million hectares

**A** a



**Q** How many tonnes of waste are being taken to the tip per year in the UK?

- a 4.3 million tonnes
- b 100 tonnes
- c 15 billion tonnes

**A** a



**Q** Do cows pollute the atmosphere?

- A** Yes – there is methane in their wind.



**Q** What is the eco homes scheme?

- A** Eco homes is a scheme which rates homes on their environmental impact. Homes are judged on energy, pollution, use of materials, water use, land use and ecology.



**Q** How much of a vehicle can be recycled?

- a 45.5%
- b 50%
- c 80%

**A** c



**Q** Can you put aluminium foil in can banks?

**A** No



**Q** How much rubbish in the average dustbin can be recycled?

- a 20%
- b 40%
- c 60%
- d 80%

**A** c



**Q** How many years does plastic take to decompose?

- a 100 years
- b 200 years
- c 400 years
- d 500 years

**A** d



**Q** 65 million print cartridges are bought a year, what percentage of these are recycled?

- a 15%
- b 20%
- c 25%
- d 30%

**A** a



**Q** How can I get a household recycling bin?

**A** By contacting your local council.



**Q** What happens to your recycling?

**A** After collection, it is taken to a material recovery facility (MRF) where it is sorted.



**Q** How can heat loss be reduced in the home?

- A**
- i Double glazing
  - ii Cavity wall insulation
  - iii Loft insulation



**Q** Give 2 benefits of reducing heat loss in the home:

- A**
- i Lower heating bills
  - ii Less energy needed to heat the home



**Q** Can you recycle old mobile phones?

**A** Yes



**Q** Can you recycle cardboard?

**A** Yes



**Q** How will you know if something is recyclable?

**A** It will have a recycling symbol on it.



**Q** What is the symbol for recycling?

**A**



**Q** What do the three R's of sustainability stand for?

**A** Reduce, Reuse, Recycle.



**Q** Can you recycle glass?

**A** Yes



**Q** Can you put every glass bottle into the same container?

**A** No, you have to put different colour glass bottles into different containers at the bottle bank.



**Q** How long would 1 recycled tin can power a television for?

**A** 3 hours



**Q** What percentage of rubbish produced by the average household could actually be recycled?

**A** 60%



**Q** £36 million of aluminium is thrown away each year. True/ False?

**A** True



**Q** Aluminium cans can be recycled and ready to use in how many weeks?

**A** 6 weeks



**Q** 24 trees makes how many tonnes of newspaper?

**A** 1 tonne



**Q** If all aluminium drink cans sold each year were recycled, how many fewer full dustbins would there be each year?

**A** 14 million



**Q** Recycling just 1 plastic bottle saves enough energy to power a 60w light bulb for how long?

**A** 6 hours



**Q** The UK gets through 12 billion steel cans every year (600 per home, but how many of these are currently recycled?

**A** 3 million (just 25%)



**Q** How can you tell if a can or other metal item is made from aluminium?

**A** Magnets will not stick to it.



**Q** Approximately how many bottle banks are there currently in the UK?

**A** 50,000



**Q** Up to 80% of an average household's waste could be recycled or composted. But how much is actually currently being recycled or composted?

**A** 27%



**Q** How many glass bottles and jars are being thrown away every second?

**A** 200



**Q** We are running out of room to bury our rubbish in landfills. True/ False?

**A** True, so continue to think of ways to prevent waste.



**Q** Is bringing your old plastic bags to the shops to use again, recycling?

**A** No, it is reusing.



**Q** What is the best way of reducing the amount of paper we use when printing?

**A** Use both sides of the paper.



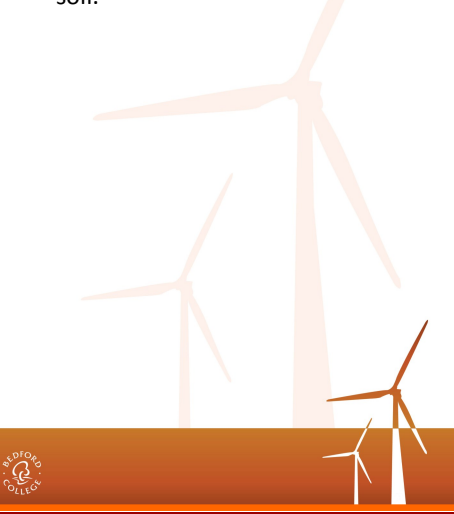
**Q** What is vermicompost?

**A** The soil like substance made by worms used to help plants grow.



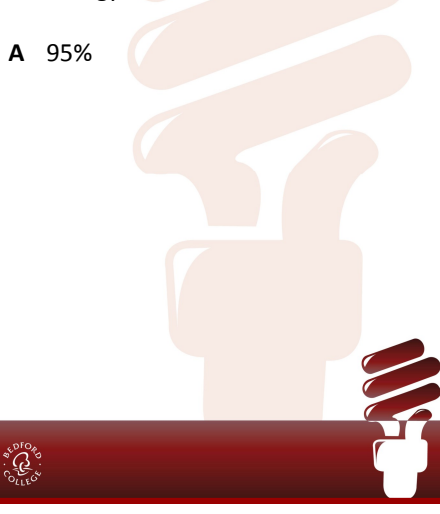
**Q** Compost is used for?

**A** Helping plants grow/enriching the soil.



**Q** Recycling an aluminium can instead of making a new one from raw material saves how much energy?

**A** 95%



**Q** Is it safe to refill single use water bottles?

**A** Yes



**Q** How much rubbish does the average person throw out each day?

**A** 4-5lbs





**Q** Can animals be affected by the rubbish you throw away?

**A** Yes



**Q** Can you recycle polyethylene?

**A** Yes



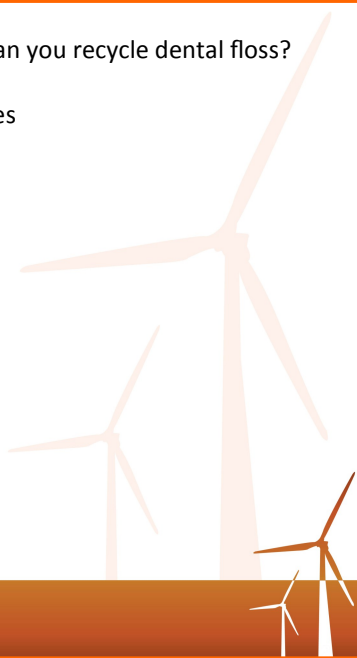
**Q** Is paper biodegradable?

**A** Yes



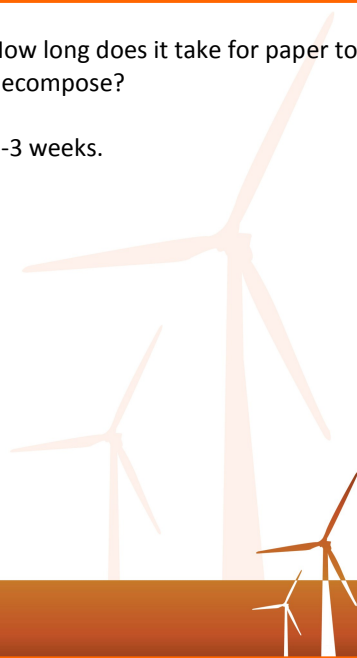
**Q** Can you recycle dental floss?

**A** Yes



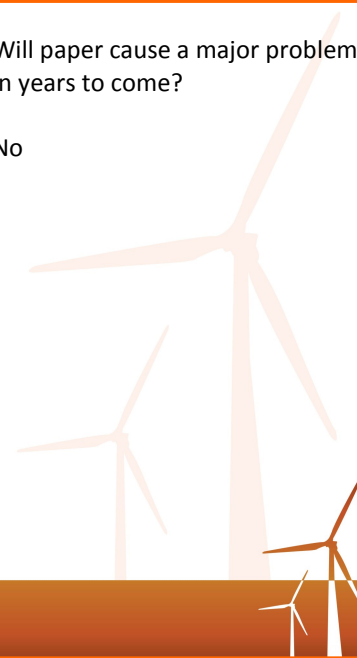
**Q** How long does it take for paper to decompose?

**A** 2-3 weeks.



**Q** Will paper cause a major problem in years to come?

**A** No



**Q** How many trees does it take to make 4000 rolls of toilet paper?

**A** 384



**Q** Is a polypropylene woven bag biodegradable?

**A** No



**Q** Are cotton wool balls biodegradable?

**A** Yes



**Q** Is cotton decomposable?

**A** Yes



**Q** Are diapers non-biodegradable?

**A** Yes



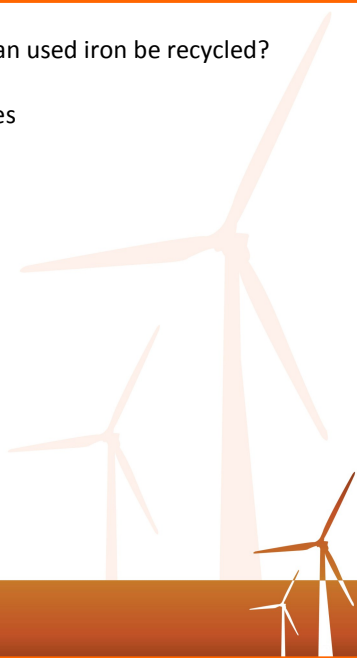
**Q** Can banana skins be used for compost?

**A** Yes



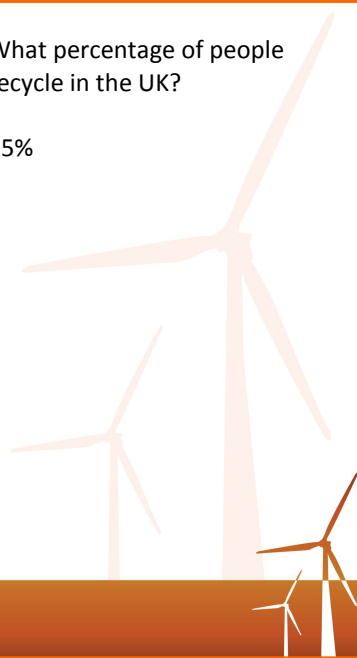
**Q** Can used iron be recycled?

**A** Yes



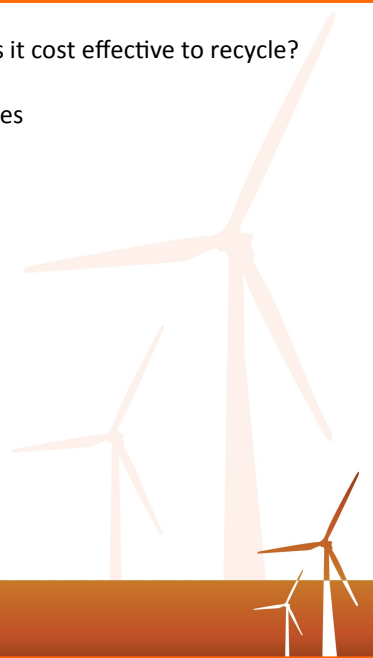
**Q** What percentage of people recycle in the UK?

**A** 35%



**Q** Is it cost effective to recycle?

**A** Yes



**Q** How is watershed formed?

**A** Creeks



**Q** How long does it take for any food to decompose?

**A** 1-5 years



**Q** Is collecting rain water a good idea ?

**A** Yes. You can water your plants with it rather than using tap water.



**Q** Do street lights come on at certain times?

**A** Yes



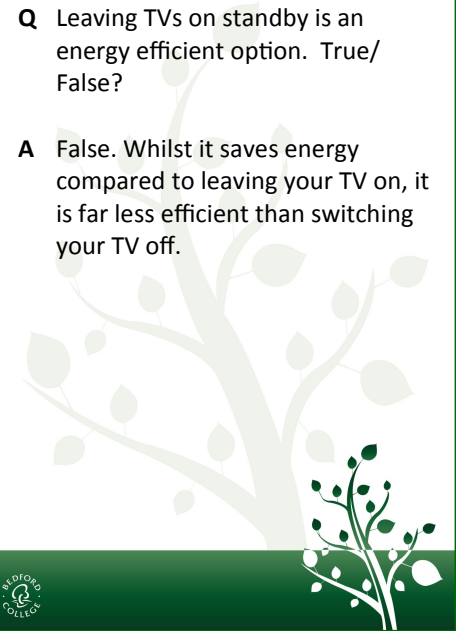
**Q** Is there a hole in the Ozone layer?

**A** Yes



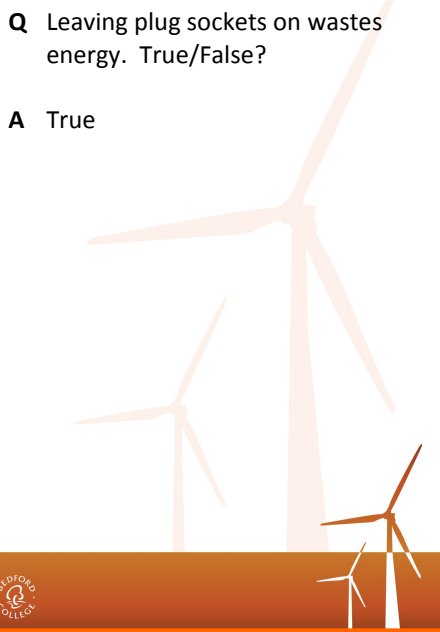
**Q** Leaving TVs on standby is an energy efficient option. True/False?

**A** False. Whilst it saves energy compared to leaving your TV on, it is far less efficient than switching your TV off.



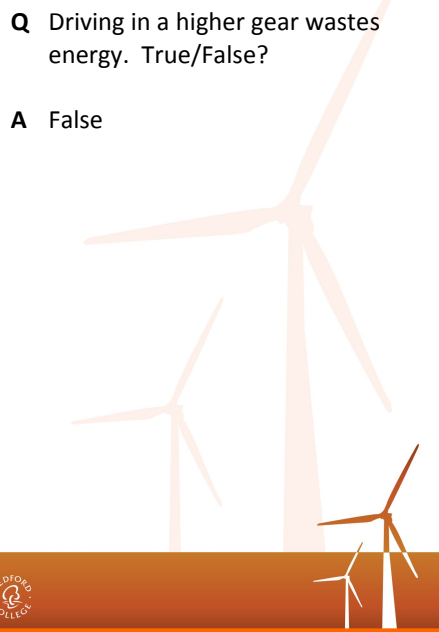
**Q** Leaving plug sockets on wastes energy. True/False?

**A** True



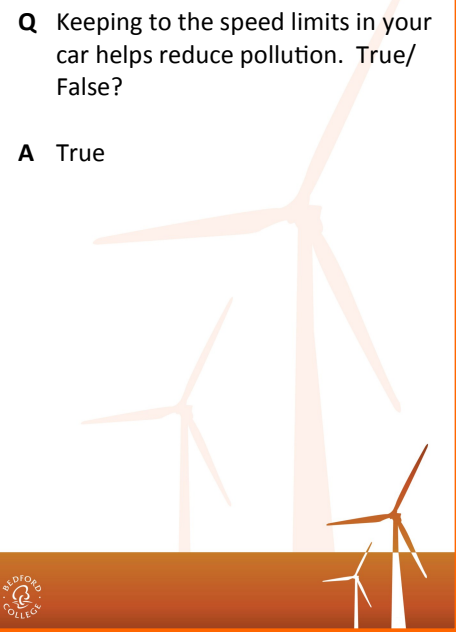
**Q** Driving in a higher gear wastes energy. True/False?

**A** False



**Q** Keeping to the speed limits in your car helps reduce pollution. True/False?

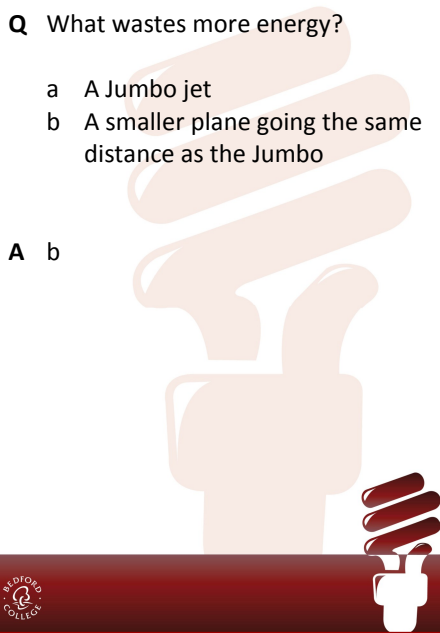
**A** True



**Q** What wastes more energy?

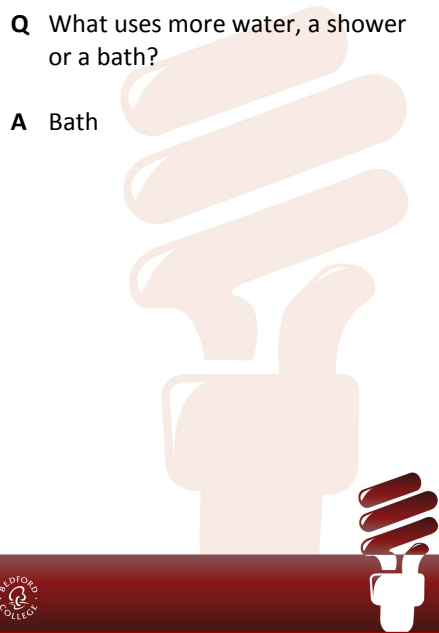
- a A Jumbo jet
- b A smaller plane going the same distance as the Jumbo

**A** b



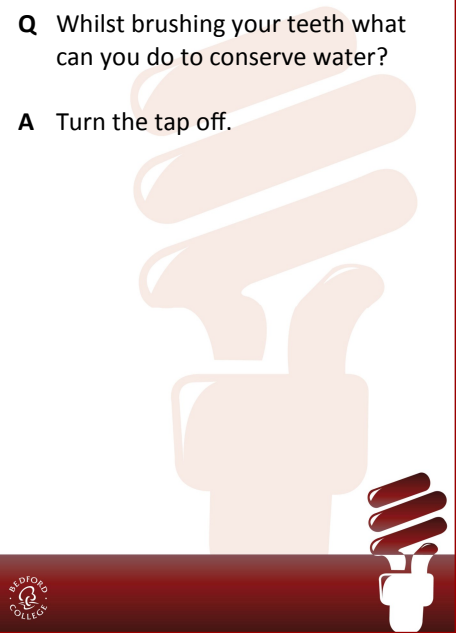
**Q** What uses more water, a shower or a bath?

**A** Bath



**Q** Whilst brushing your teeth what can you do to conserve water?

**A** Turn the tap off.



**Q** From Gatwick, what would waste more energy, flying to Ireland or Canada?

**A** Canada

**Q** Name 3 items you can recycle:

- A** i Paper
- ii Plastic
- iii Clothes

**Q** What will using solar panels help reduce?

**A** Carbon footprint

**Q** What can you do to help save on water consumption?

**A** Fit spray attachments to taps

**Q** Will using sensor lights in corridors, toilets and wherever possible help save energy?

**A** Yes

**Q** Having a five minute shower is equivalent to using:

- a 5 – 20 gallons of water
- b 10-25 gallons of water
- c 15-30 gallons of water
- d 20-35 gallons of water

**A** d

**Q** Water efficient fixtures can cut water use by:

- a 10%
- b 20%
- c 30%
- d 40%

**A** c

**Q** Glass can be recycled:

- a Once
- b 5 times
- c 100 times
- d Unlimited times

**A** d

**Q** Energy saved from recycling one aluminium can could operate a computer or TV for:

- a Two hours
- b Three hours
- c Four hours
- d Five hours

**A** b

**Q** How long does a plastic bottle take to biodegrade?

- a 100 years
- b 400 years
- c 700 years
- d 1000 years

**A** c

**Q** Every time you open the fridge door, what percentage of the cold air can escape?

- a 10%
- b 30%
- c 50%
- d 70%

**A** b

**Q** By installing loft insulation to a depth of at least 10 inches, you could save up to what percentage of your heating costs?

- a 10%
- b 15%
- c 20%
- d 25%

**A** d

**Q** Which of the following should NOT be put into a glass recycling bin?

- a A piece of clear window glass
- b A brown glass beer bottle
- c A blue glass wine bottle

**A** a

**Q** Can a household have more than one recycling bin?

**A** Answer depends upon local government policy in the area.

**Q** For a glass bottle to biodegrade, it takes how many years?

- a 1 hundred
- b 1 thousand
- c 10 thousand
- d 1 million

**A** d

**Q** What percentage of heat in an average home is lost through the windows?

- a 20%
- b 30%
- c 40%
- d 50%

**A** a

**Q** Lighting accounts for what percentage of a standard household electricity bill?

- a 5-10%
- b 10-15%
- c 15-20%
- d 20-25%

**A** b

**Q** Energy efficient light bulbs last how much longer than a standard bulb?

- a 3 times
- b 6 times
- c 9 times
- d 12 times

**A** d

**Q** On average a UK household creates how many tonnes of Carbon Dioxide each year?

- a 1 tonne
- b 3 tonnes
- c 6 tonnes
- d 10 tonnes

**A** c

**Q** By taking energy efficient measures, an average household can save how much each year?

- a £50
- b £100
- c £200
- d £500

**A** c

**Q** On average what percentage of rubbish that ends up in the dustbin could be recycled?

- a 20%
- b 40%
- c 60%
- d 80%

**A** c

**Q** How long does it take for an aluminium can to be recycled and ready to use again?

- a 6 weeks
- b 10 weeks
- c 14 weeks
- d 20 weeks

**A** a

**Q** Rainforests are being cut down at what rate per minute?

- a 1 acre
- b 10 acres
- c 50 acres
- d 100 acres

**A** d

**Q** For each tonne of paper recycled, how many trees are saved?

- a 10
- b 13
- c 17
- d 20

**A** c

**Q** Which uses less electricity?

- a Fan assisted ovens
- b Non-Fan assisted ovens

**A** a

**Q** What percentage of the earth's terrestrial area has been converted to urban areas or cropland?

- a 5%
- b 10%
- c 20%
- d 30%

**A** d

**Q** How should a household recycle their bottles?

- A** In a bottle bank according to the colour of the bottle.

**Q** Where does rubbish go that has not been recycled?

**A** Landfills that pollute the earth.



**Q** Can disposable nappies be recycled?

**A** No, they are contaminated.



**Q** Can mobile phones be recycled?

**A** Yes, you can send them off in the post or you can hand them in at phone shops.



**Q** Does the atmosphere become more polluted every day by car emissions?

**A** Yes



**Q** 1 recycled can saves enough energy to power a TV for 3 hours. True/False?

**A** True



**Q** Can all colours of glass be recycled?

**A** Yes



**Q** How long does it take for a plastic bag to decompose?

**A** 500 years



**Q** Can batteries be recycled?

**A** Yes



**Q** Can bricks be recycled?

**A** Yes



**Q** One recycled glass bottle would save enough energy to power a computer for:

- a 1 hour
- b 30 minutes
- c 25 minutes

**A** c

**Q** How much of a vehicle can be recycled?

- a 20%
- b 35%
- c 80%

**A** c

**Q** It takes 24 trees to make 1 tonne of newspaper. True/False?

**A** True

**Q** What is the biggest problem for recycling centres?

**A** When incorrect items are put in the recycling container.

**Q** What colour are bins for garden waste?

**A** Answer depends upon local practice.

**Q** In the UK, recycling may eventually lead to lower council tax bills. True/False?

**A** True

**Q** What happens to the majority of recycled paper and plastic in the UK?

- a Stays in the UK
- b Goes to America
- c Goes to China

**A** c

**Q** Why is recycling a good thing?

**A** Saves and conserves energy and helps save the environment. Any other reasonable answer.

**Q** The average British family throws away 6 trees worth of paper in their household bin per...?

- a Year
- b Month
- c Every 2 years

**A** a



**Q** If your home recycling bin does not take plastic bottles, where should you dispose of them?

- a In the household bin
- b In the street
- c In your local recycling bank

**A** c

**Q** Glass can be recycled forever, it never wears out. True/False?

**A** True

**Q** How much of a tree is used for paper?

- a 25%
- b 80%
- c 50%

**A** a

**Q** Every tonne of newspaper recycled saves enough energy to run a TV for..?

- a 12 hours
- b 31 hours
- c 24 hours

**A** b

**Q** How many plastic bottles weigh one tonne?

- a 20,000
- b 12,000
- c 100

**A** a

**Q** How long does it take for a recycled can to go back onto a shop shelf?

- a 30 days
- b 7 days
- c 90 days

**A** c

**Q** What percentage of rubbish in the average dustbin can be recycled?

- a 50%
- b 20%
- c 60%

**A** c

**Q** 9 out of 10 people say they would recycle if it was made easier. True/False?

**A** True

**Q** How can we reduce waste in an office environment?

- A** \* Separate paper and normal waste bins
- \* Switch off electrical items and do not leave them on stand by

**Q** Name two ways you could make your home a more environmentally friendly place:

- A**
- i Switch to energy saving light bulbs
  - ii Start recycling
  - iii Insulate attics
  - iiii Solar panels
  - iiiii Use less water
  - iiiiii Air dry clothes instead of using a tumble dryer

**Q** Which is better for the environment?

- a Donating used clothes to charities
- b Putting them in the recycling bin

**A** a

**Q** How can you minimise waste when carrying out a waxing treatment?

- A** Use a wax strip as many times as possible, do not throw away unused wax strips and try to use a minimum amount of spatulas and gloves per treatment.



**Q** What can you do with old batteries to help the environment?

- A** Instead of putting them in the bin, you can recycle them at the local refuse centre or special recycling bins for batteries can be found at supermarkets. However a better option would be to use rechargeable batteries.

**Q** How can you reduce the amount of energy your salon uses through heating/air con?

- A** Keep doors shut or open to regulate temperature and only have the heating or air con on when it is needed.

**Q** Can all clinical waste be recycled?

- A** No – some can be infectious.



**Q** Name two forms of energy that can be used apart from electricity:

- A**
- i Solar energy
  - ii Wind power

**Q** How does a solar panel work?

- A** A solar panel is fitted onto the roof of a house and during the day the panel collects energy from the sun.

**Q** In what ways can you reuse things in a Hairdressing salon to reduce waste?

- A**
- i Use reusable aprons instead of using disposable aprons.
  - ii Before putting used towels in the towel bin, use them to wipe clean the mirror or wet surfaces instead of getting a fresh towel.



**Q** Which two things can be built to generate wind energy?

- A**
- i Wind turbine
  - ii Windmill

**Q** What causes global warming?

- A** Human activities are creating excessive greenhouse gases that trap heat in the atmosphere and lead to global warming.

**Q** What does eco friendly mean?

- A** Environmentally friendly



**Q** How can you ensure poor countries get a fair price for their products?

- A** Buy fair trade products. Several big supermarkets sell these kind of products.

**Q** Name 3 natural energy sources:

- A**
- i Solar panels
  - ii Wind turbines
  - iii Wave turbines

**Q** What three things can you reuse in the home and how?

- A**
- i Carrier bags – reuse when you go shopping, as bin liners or to store things in.
  - ii Water bottles – refill and reuse them instead of buying another. Use them to store other liquids in.
  - iii Containers – use them to store food in the fridge, cupboards or freezer.



**Q** How can the council encourage people to recycle?

- A** By providing easy and cheap methods of recycling and making sure every area has easy access to recycling banks or collections from home.

**Q** What should you do with cardboard boxes before putting them out for recycling?

- A** Flatten them down so it is easier for the recycling vehicle.

**Q** If you leave a tap running for two minutes, how many gallons of water is it equivalent to?

- A** 3 – 5 gallons



**Q** If a tap leaks one drop per second, approximately how many gallons of water can that add up to in a month?

**A** Anywhere between 160 and 165 gallons - more than one person uses in two weeks.

**Q** Do cows pollute the atmosphere?

**A** Yes – there is methane in their wind

**Q** Do aerosols damage the ozone layer?

**A** Yes – they pierce the layer.



**Q** What is the eco homes scheme?

**A** Eco homes is a scheme which rates homes on their environmental impact. Homes are judged on energy, pollution, use of materials, water use, land use and ecology.

**Q** Can you put aluminium foil in can banks?

**A** No

**Q** In the average person's dustbin, what percentage of the contents are recyclable?

- a 20%
- b 40%
- c 60%
- d 80%

**A** c



**Q** How many years does plastic take to decompose?

- a 100 years
- b 200 years
- c 400 years
- d 500 years

**A** d

**Q** 65 million print cartridges are bought a year, what percentage of these are recycled?

- a 15%
- b 20%
- c 25%
- d 30%

**A** a

**Q** How can I get a household recycling bin?

**A** By contacting your local council.



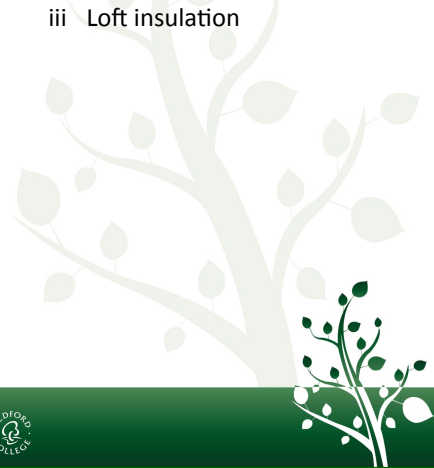
**Q** What happens to your recycling?

**A** After collection, it is taken to a material recovery facility (MRF, where it is sorted).



**Q** How can heat loss be reduced in the home?

- A** i Double glazing
- ii Cavity wall insulation
- iii Loft insulation



**Q** Give 2 benefits of reducing heat loss in the home:

- A** i Lower heating bills
- ii Less energy needed to heat the home



**Q** Can a household have more than one recycling bin?

**A** Answer depends on local government policy in the area.



**Q** Can you recycle cardboard?

**A** Yes



**Q** How will you know if something is recyclable?

**A** It will have a recycling symbol on it.



**Q** What is the symbol for recycling?



**Q** What do the three R's of sustainability stand for?

**A** Reduce, Reuse, Recycle.



**Q** Can you recycle glass?



**Q** Can you put every glass bottle into the same container?

**A** No, you have to put different colour glass bottles into different containers at the bottle bank.



**Q** What percentage of rubbish in the average household could actually be recycled?

**A** 60%



**Q** £36 million of aluminium is thrown away each year. True/ False?

**A** True



**Q** Aluminium cans can be recycled and ready to use in how many weeks?

**A** 6 weeks



**Q** 24 trees makes how many tonnes of newspaper?

**A** 1 tonne



**Q** If all aluminium drink cans sold each year were recycled, how many fewer full dustbins would there be each year?

**A** 14 million



**Q** Recycling just 1 plastic bottle saves enough energy to power a 60w light bulb for how long?

**A** 6 hours



**Q** The UK gets through 12 billion steel cans every year (600 per home), but how many of these are currently recycled?

**A** 3 million (just 25%)



**Q** Which of the following should not be put into a glass recycling bin?

- a A piece of clear window glass
- b A brown glass beer bottle
- c A blue glass wine bottle

**A** a



**Q** How can you tell if a can or other metal item is made from aluminium?

**A** Magnets will not stick to it.



**Q** Approximately how many bottle banks are there currently in the UK?

**A** 50,000



**Q** Which part of a plastic milk bottle should be removed before being recycled?

**A** The plastic lid.



**Q** Up to 80% of an average household's waste could be recycled or composted. But how much is actually currently being recycled or composted?

**A** 27%



**Q** How many glass bottles and jars are being thrown away every second?

**A** 200



**Q** We are running out of room to bury our rubbish in landfills. True/ False?

**A** True, so continue to think of ways to prevent waste.



**Q** Is bringing your old plastic bags to the shops to use again, recycling?

**A** No, it is reusing.



**Q** What is the best way of reducing the amount of paper we use when printing?

**A** Use both sides of the paper.



**Q** What is vermicompost?

**A** The soil like substance made by worms used to help plants grow.



**Q** Compost is used for?

**A** Helping plants grow/enriching the soil.



**Q** Recycling an aluminium can instead of making a new one from raw material saves how much energy?

**A** 95%



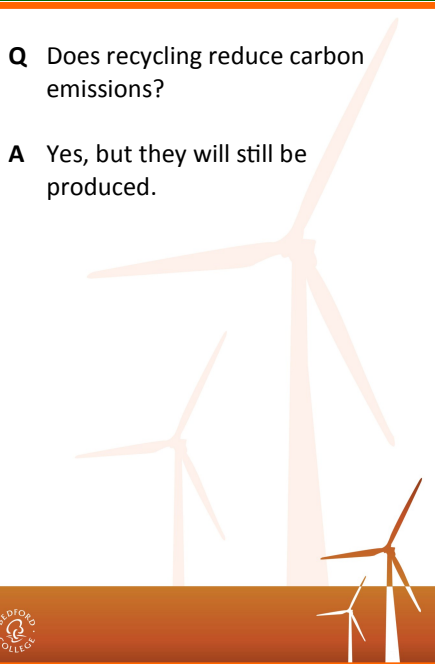
**Q** List 5 ways to be sustainable in the home:

- A**
- Switch off lights
  - Use energy efficient appliances
  - Compost garden and food wastes
  - Manage home heating
  - Cut hot water usage
  - Use bicycle or public transport
  - Recycle according to local guidelines



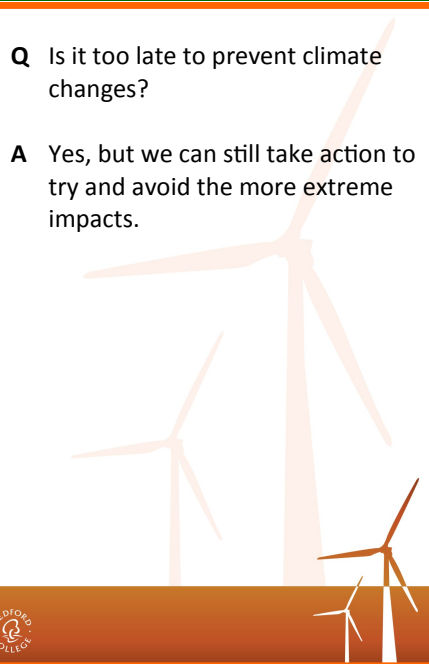
**Q** Does recycling reduce carbon emissions?

**A** Yes, but they will still be produced.



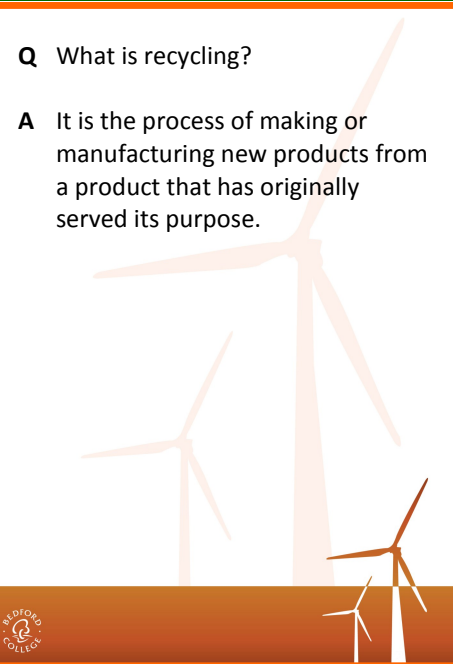
**Q** Is it too late to prevent climate changes?

**A** Yes, but we can still take action to try and avoid the more extreme impacts.



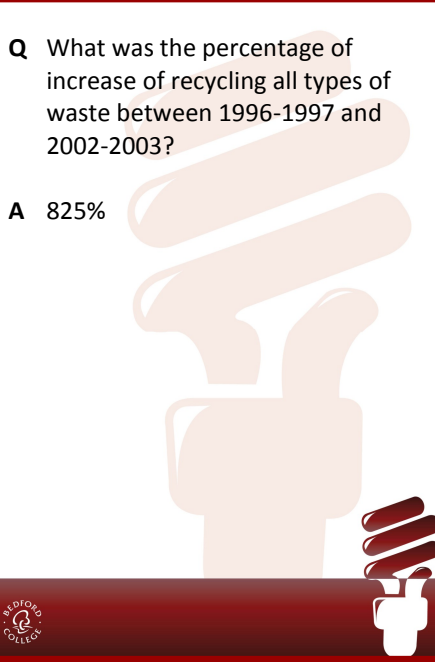
**Q** What is recycling?

**A** It is the process of making or manufacturing new products from a product that has originally served its purpose.



**Q** What was the percentage of increase of recycling all types of waste between 1996-1997 and 2002-2003?

**A** 825%



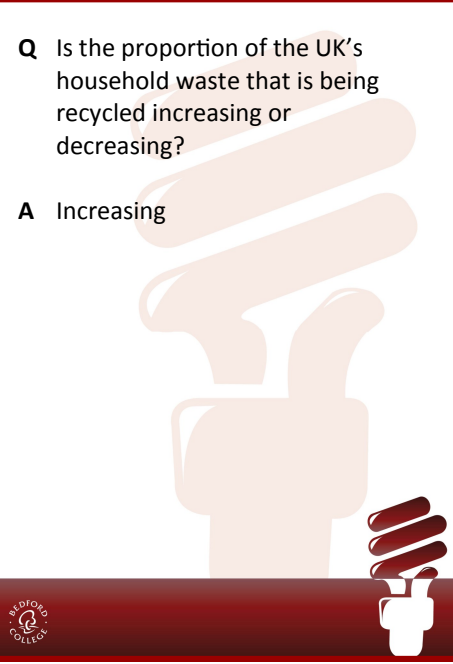
**Q** How many tonnes of glass jars and bottles were recycled in 2002?

**A** 320,000 tonnes



**Q** Is the proportion of the UK's household waste that is being recycled increasing or decreasing?

**A** Increasing





**Q** List 4 materials that can be recycled:

- A**
- Paper
  - Glass
  - Cardboard
  - Aluminium cans
  - Steel cans
  - Plastic bottles

**Q** What are the 3 stages of the recycling process?

- A**
- Collecting and sorting
  - Manufacturing of the recycled products
  - Selling to consumers

**Q** Give 3 reasons why recycling is important:

- A**
- Saves the earth
  - Saves energy
  - Reduces pollution
  - Reduces waste products in landfills
  - Helps save YOU money

**Q** How many degrees Fahrenheit will the earth warm by, by the end of the 21<sup>st</sup> century?

**A** 4 – 10 degrees F

**Q** How many gallons of water does the average dishwasher use?

**A** 11 gallons

**Q** How many gallons a day can be saved by turning the tap off whilst brushing teeth?

**A** 6 – 8 gallons

**Q** Which uses less water - showering or having a bath?

**A** Shower

**Q** How much water does the average person use when having a bath?

**A** 70 gallons of water

**Q** How much water does the average person use when having a shower?

**A** 25 gallons of water

**Q** What percentage of water in a household is used in the bathroom?

**A** 75%

**Q** Why do we need to reduce the amount of products we use?

**A** We need to reduce the amount of products we use which are not essential, to save on the earth's resources.

**Q** Where can information be found about reusing products?

**A** - Local county website  
- Friends  
- Charities  
- Relatives



**Q** To see if something can be recycled, what would you see on the packaging or product?

**A** Look for the recycling logo/symbol

**Q** What do solar panels do?

**A** Generate clean and renewable electricity

**Q** Name one or more renewable energy sources.

**A** The sun, wind, tides and geothermal activity are all renewable



**Q** What is global warming?

**A** Global increase in the temperature of the earth's atmosphere

**Q** Name one way in which you could change your transport to minimise your part in global warming.

**A** Use transportation only when needed; try walking, cycling or sharing transportation to some destinations, so you half the amount of unnatural gases you are releasing.

**Q** Name one way in which you could change what you do at home to minimise your part in global warming:

**A** - Recycle appropriate items  
- Use energy efficient light bulbs



**Q** How can we reduce landfill?

**A** Recycling products so that less products go to waste.



**Q** How can you conserve energy at home at night?

**A** Make sure all electricity switches are turned off when not needed.



**Q** List three types of materials that can be recycled:

- A** - Glass
- Cans
- Foil
- Paper
- Cardboard
- Mobile Phones
- Plastic



**Q** How can manufacturers improve their products to make sure they are environmentally friendly?

**A** Make sure the products they are producing are recyclable.



**Q** What is the purpose of sustainable development?

**A** To improve the quality of people's lives while not damaging our local and global environment.



**Q** What goals do sustainability development policies need to support?

**A** Policies and programmes that support economic, social and environmental goals at the same time.



**Q** Give one reason why plastic is recycled:

- A** - To be produced as new objects
- To reduce landfill



**Q** What material is wasted the most in the average household?

- a Paper
- b Glass
- c Can

**A** a



**Q** What are the three main ways to save energy?

**A** Geothermal heating, wind turbines and solar panels.



**Q** True or False: Is Britain Europe's worst energy waster?

**A** True.



**Q** Why should you not leave appliances on standby?

**A** It is a waste of energy.



**Q** Why should you take your own cloth/canvas bags when shopping?

**A** To use canvas or cloth bags rather than disposable paper or plastic ones is to avoid having the bag go into a landfill following a single use.



**Q** State 2 things that are reduced by reusing or repairing items rather than making new ones:

- A**
- Reduce landfill
  - Use less energy
  - Use fewer resources



**Q** What ways can you control your waste in a salon?

**A** Reduce the amount of rubbish your salon generates by buying concentrates and refills or buying in bulk – these give you more products for less packaging and less packaging means less rubbish.



**Q** Can hair be put in the compost bin as a form of recycling?

**A** Yes



**Q** Are there any ways to save on envelope costs?

**A** Reduce envelopes by rejecting unwanted mail. Consider where you could send an email to save both paper and envelopes.



**Q** List 2 ways to reduce food waste:

**A** When purchasing food, try to judge the quantity required to avoid waste, save leftovers for the next day and freeze to eat at a later date.



**Q** What is the correct method of disposing of fluorescent light tubes?

**A** These can be taken to Recycling Centres. The bulbs are processed and broken down into their component parts which are sent for recycling.



**Q** Name 3 places where second hand items can be bought:

- A**
- Auctions
  - Car boot sales
  - Small ads/classified
  - Charity shops
  - Advertisement boards
  - Websites

**Q** Name the correct method to get rid of liquid waste such as hair dye:

- A** Chemicals like hair dye can be toxic and are banned from landfill. They pollute our environment, kill wildlife and in extreme cases, enter our drinking water. So do not pour it down the sink and get a registered waste contractor in to take it away and deal with it.

**Q** Are British producers and importers of electronic goods responsible for the recycling of their products?

- A** Yes



**Q** Are hair extensions made up of reused human hair available?

- A** Yes

**Q** State 2 ways in which laundering clothes at home can be more sustainable:

- A**
- Washing your clothes in warm and cold water instead of hot and warm water.
  - Line drying instead of machine drying.

**Q** State 2 ways mobile phone use can be more sustainable:

- A**
- Do not leave mobile or cordless phones on charge
  - Unplug them
  - Recycle them



**Q** Why should furniture be moved away from radiators?

- A** To allow heat to circulate.

**Q** List 2 ways in which printer use can be more sustainable:

- A**
- Make sure you buy recycled paper for the printer.
  - Recycle the ink cartridge.

**Q** State 3 things people can reduce in their lifestyle to become greener:

- A**
- The amount you drive. Walk or cycle if possible.
  - Reduce the amount of hot water.
  - The amount of lights you turn on and other electrical items. Turn lights off when you leave the room.



**Q** State 4 ways of being “green” when shopping:

- A**
- Buy loose vegetables and fruit to reduce the packaging you buy.
  - Reuse shopping bags each time.
  - Buy local products.
  - Buy seasonal produce



**Q** How can you reduce electrical consumption in the salon?

- A**
- Make sure all straighteners, curling tongs etc are switched off after use.
  - Only use the amount of water needed when making a hot drink.
  - Replace incandescent bulbs with compact florescent bulbs.



**Q** What can you recycle in the salon?

- A**
- Hair.
  - Gloves.
  - Plastic bottles.
  - Tissues



**Q** How can you reduce waste in the salon?

- A**
- Use only what you need of everything e.g. spatulas, wax strips, cotton pads etc and no more.



**Q** How can you reduce your cost and carbon footprint when making purchases?

- A**
- Buy in bulk to reduce the number of shopping trips and overall cost of purchases (you can get discount on bulk purchases).



**Q** How can you decorate your home or salon in a ‘green way’?

- A**
- Use non-toxic, sustainable building and decorating materials.



**Q** How can what you purchase for the salon help the planet?

- A**
- Where possible, buy non-toxic and biodegradable hair and beauty care products.



**Q** How can you conserve the amount of water used at home or in the salon?

- A**
- Fit a water softener as it reduces the amount of shampoo/ detergents used. It also helps to prolong the life of your water heater/washing machines.



**Q** How can you reduce your carbon footprint at home?

- A**
- Insulate your home as it will not only protect your home, but it will reduce your heating bill and cut carbon emissions by tens of thousands of tonnes per year.



**Q** How can the day of recycling collection be found?

**A** By asking the local Council.



**Q** What happens to recycled material?

**A** Separated materials are sent to re-processors throughout the country to be made into new products.



**Q** How much recycling can each household do each week?

**A** Answer should reflect local area.



**Q** Does it matter if recycling gets wet?

**A** No.



**Q** Do food tins need to be washed before recycling?

**A** Yes, it is best to wash out all cans so it is safer for whoever sorts out the cans.



**Q** What kind of glass can be recycled?

**A** All kinds of glass



**Q** How should garden waste be recycled?

**A** There is a separate bin for garden waste.



**Q** List 5 ways to be sustainable in the home:

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- Switch off lights
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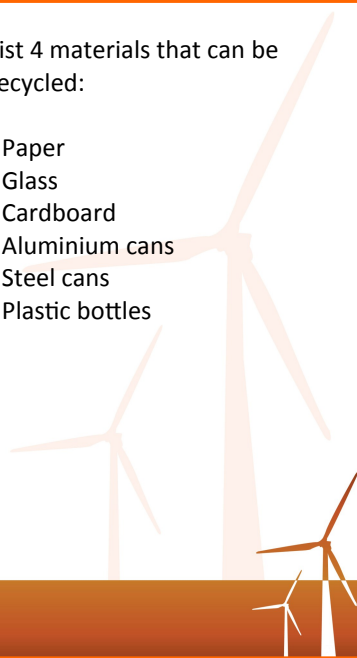
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**Q** Name one way in which you could change what you do at home to minimise your part in global warming:

**A** - Recycle appropriate items  
- Use energy efficient light bulbs

**Q** State the colour of your recycling bins in your area:

**A** This will depend on the colour of bins in the local area.

**Q** How can you conserve energy at home at night?

**A** Make sure all electricity switches are turned off when not needed.



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**A** - Glass  
- Cans  
- Foil  
- Paper  
- Cardboard  
- Mobile Phones  
- Plastic

**Q** How can manufacturers improve their products to make sure they are environmentally friendly?

**A** Making sure the products they are producing are recyclable.

**Q** What is the purpose of sustainability development?

**A** To improve the quality of people's lives while not damaging our local and global environment.



**Q** What goals do sustainability development policies need to support?

**A** Policies and programmes that support economic, social and environmental goals at the same time.



**Q** Give one reason why plastic is recycled:

**A** - To be produced as new objects  
- To reduce landfill



**Q** What material is wasted the most in the average household?

**A** Paper



**Q** What are the three main ways to save energy?

**A** Geothermal heating, wind turbines and solar panels.



**Q** True or False: Is Britain Europe's worst energy waster?

**A** True



**Q** Why should you not leave appliances on standby?

**A** It is a waste of energy.



**Q** Why should you take your own cloth/canvas bags when shopping?

**A** To use canvas or cloth bags rather than disposable paper or plastic ones is to avoid having the bag go into a landfill after a single use.



**Q** State 2 things that are reduced by reusing or repairing items rather than making new ones:

**A** - Reduce landfill  
- Use less energy  
- Use fewer resources



**Q** What ways can you control your waste in a salon?

**A** Reduce the amount of rubbish your salon generates by buying concentrates and refills or buying in bulk which gives you more products for less packaging and less packaging means less rubbish.



**Q** Can hair be put in the compost bin as a form of recycling?

**A** Yes

**Q** Are there any ways to save on envelope costs?

**A** Reduce envelopes by rejecting unwanted mail. Consider where you could send an email to save both paper and envelopes.

**Q** List 2 ways to reduce food waste:

**A** When purchasing food, try to judge the quantity required to avoid waste, save leftovers for the next day and freeze to eat at a later date.

**Q** What is the correct method of disposing of fluorescent light tubes?

**A** These can be taken to Recycling Centres. The bulbs are processed and broken down into their component parts which are sent for recycling.

**Q** Name 3 places where second hand items can be bought:

**A**

- Auctions
- Car boot sales
- Small ads/classified
- Charity shops
- Advertisement boards
- Websites

**Q** Name the correct method to get rid of liquid waste such as hair dye:

**A** Chemicals like hair dye are toxic and are banned from landfill. They pollute our environment, and in extreme cases, enter our drinking water. So do not pour it down the sink and get a registered waste contractor to deal with it properly.

**Q** Are British producers and importers of electronic goods responsible for the recycling of their products?

**A** Yes

**Q** Are hair extensions made up of reused human hair available?

**A** Yes

**Q** State 2 ways in which laundering clothes at home can be more sustainable:

**A**

- Washing your clothes in warm and cold water instead of hot and warm water
- Line drying instead of machine drying.

**Q** State 2 ways mobile phone use can be more sustainable:

- A**
- Do not leave mobile or cordless phones on charge – unplug them.
  - Recycle them

**Q** Why should furniture be moved away from radiators?

- A** To allow heat to circulate.

**Q** List 2 ways in which printer use can be more sustainable:

- A**
- Make sure you buy recycled paper for the printer
  - Recycle the ink cartridge



**Q** State 3 things people can reduce in their lifestyle to become greener:

- A**
- The amount you drive. Walk or cycle if possible.
  - Reduce the amount of hot water.
  - The amount of lights you turn on and other electrical items. Turn lights off when you leave the room.
  - Recycle waste.

**Q** State 2 ways of being “green” when shopping:

- A**
- Buy loose vegetables and fruit to reduce the packaging you buy.
  - Reuse shopping bags each time.
  - Buy local products.

**Q** How can you reduce electrical consumption in the salon?

- A**
- Make sure all straighteners, curling tongs etc are switched off after use.
  - Only use the amount of water needed when making a hot drink.
  - Replace incandescent bulbs with compact florescent bulbs.



**Q** What can you recycle in the salon?

- A**
- Hair
  - Gloves
  - Plastic bottles
  - Tissues

**Q** How can you reduce waste in the salon?

- A** Use only what you need of everything e.g. spatulas, wax strips, cotton pads etc

**Q** How can you reduce your cost and carbon footprint when making purchases?

- A** Buy in bulk to reduce the number of shopping trips and overall cost of purchases (you can get discount on bulk purchases).



**Q** How can you decorate your home or salon in a 'green way'?

**A** Use non-toxic, sustainable building and decorating materials.

**Q** How can what you purchase for the salon help the planet?

**A** Where possible, buy non-toxic and biodegradable hair and beauty care products.

**Q** How can you conserve the amount of water used at home or in the salon?

**A** Fit a water softener as it reduces the amount of shampoo/detergents used. It also helps to prolong the life of your water heater/washing machines, so it does not fill up with lime scale.



**Q** How can you reduce your carbon footprint at home?

**A** Insulate your home as it will not only protect your home, but it will reduce your heating bill and cut carbon emissions by tens of thousands of tonnes per year.

**Q** What colour are your recycling bins in your area for garden waste?

**A** The answer should reflect local policy.

**Q** How can the day of recycling collection be found?

**A** By asking the local Council.



**Q** How can packaging waste be reduced?

**A** If retailers pack the things we buy in less packaging.

**Q** What happens to recycled material?

**A** Separated materials are sent to re-processors throughout the country to be made into new products.

**Q** How much recycling can each household do each week?

**A** Answer should reflect local area.



**Q** Does it matter if recycling gets wet?

**A** No.

**Q** Do food tins need to be washed before recycling?

**A** Yes, it is best to wash out all cans so it is safer for whoever sorts out the cans.

**Q** What kind of glass can be recycled?

**A** All kinds of glass.



**Q** How should garden waste be recycled?

**A** There is a separate bin for garden waste.

**Q** Why should you travel on public transport instead of using your car?

**A** To help reduce carbon emissions.

**Q** Should you keep electrical items on standby?

**A** No



**Q** What would be better for the environment?

- a Taking the bus
- b Walking
- c Driving
- d Motorbike

**A** b

**Q** Why should we recycle glass, bottles, plastic etc?

**A** It reduces waste in landfill sites.

**Q** Should we use energy saving light bulbs?

**A** Yes



**Q** What items can be recycled?

- A**
- Plastic
  - Glass
  - Metal
  - Paper



**Q** Is it easy to recycle?

- A** Yes, as various recycling bins are available.



**Q** Re-using plastic bags as bin liners reduces waste. True/False?

- A** True



**Q** List 3 places where you can recycle?

- A**
- Home bins
  - Bottle banks
  - Clothing collections



**Q** How can we reduce plastic bag usage?

- A** Using re-usable bags.



**Q** What can you recycle in your recycling bin?

- A**
- Plastic
  - Paper
  - Cardboard
  - Aluminium



**Q** What temperature is it more economical to wash your clothes on?

- a** 30°C  
**b** 40°C  
**c** 60°C

- A** a



**Q** How can you maintain the sustainability of your health?

- A** Exercise, diet and plenty of water.



**Q** What are three types of renewable energy?

- A** Wind power, tidal power, solar power.





**Q** How could you minimise your carbon footprint by changing your method of travel?

**A** Walk or cycle.



**Q** Where does rubbish go that has not been recycled?

**A** Landfills that pollute the earth.



**Q** What is the minimum depth of loft insulation?

**A** 270mm



**Q** Name one benefit of roof insulation:

**A** It cuts heating bills and carbon emissions.



**Q** Name the most energy efficient form of heating:

**A** Condensing boiler (central heating)



**Q** What is the newest energy efficient form of heating?

**A** Ground source heating



**Q** What would produce more carbon emissions - a herd of cattle or a field of beans?

**A** A field of beans.



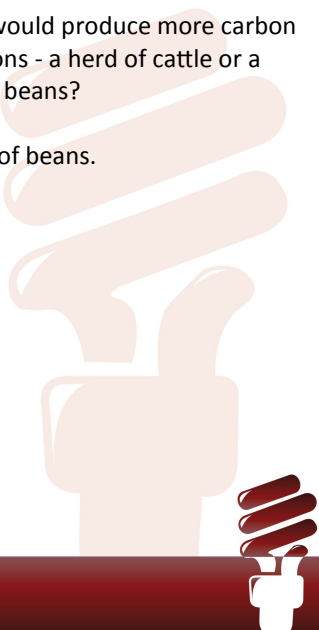
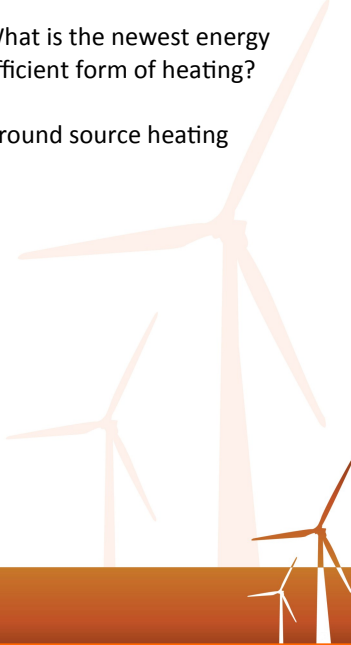
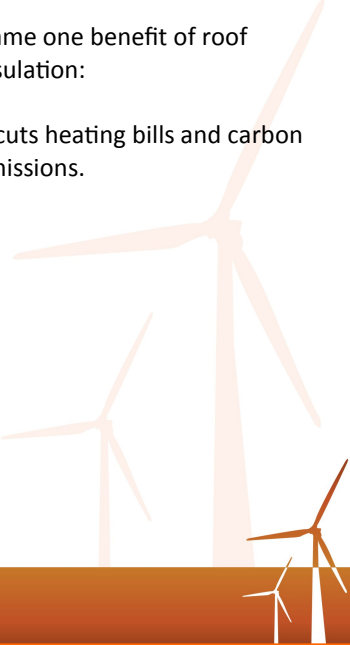
**Q** Is it more sustainable to use couch roll or couch covers to line a massage table in the salon?

**A** Couch covers.



**Q** A new law has been introduced stating that low energy light bulbs should be used in all houses. True/False?

**A** True



**Q** Bottled water is sustainable.  
True/False?

**A** False

**Q** Can you use a quartz crystal as a deodorant?

**A** Yes

**Q** What are the 3 things that explain Sustainability? (S.E.E)

- a Houses, grass, trees
- b Cars, buses, gas
- c Social, economic, environmental

**A** c

**Q** Why is resource sustainability important to your business?

- a Saves money and helps you keep a profit and helps future generations
- b Pay rises for employees
- c Gets new customers

**A** a

**Q** Name 3 places where you could find recycled objects:

- A** 1 Council
- 2 Charity shop
- 3 Car boot sale

**Q** What can save energy in relation to light sources?

**A** Use energy saving light bulbs.

**Q** What would help to cut down on electrical bills?

**A** Solar panels

**Q** How could you recycle things in the salon/or help to recycle?

- A** 1 Use sharps or metal bins
- 2 Recycle plastic/paper

**Q** European countries such as Switzerland and the Netherlands have a rate of 80% for recycling glass bottles and jars, what is the rate in the UK?

- a 6-8%
- b 25-27%
- c 60%

**A** a

**Q** Every year in the UK, 25-30 million scrap tyres are generated, what percentage is retreated and reused?

- a 10%
- b 65%
- c 21%

**A** c

**Q** How many degrees Fahrenheit will the earth warm by, by the end of the 21<sup>st</sup> century?

**A** 4 – 10 degrees F (1.5—6 C)

**Q** How many gallons of water does the average dishwasher use?

**A** 11 gallons (50 litres).

**Q** How many gallons a day can be saved by turning the tap off whilst brushing teeth?

**A** 6 – 8 gallons (around 30 litres)

**Q** Which uses less water - showering or having a bath?

**A** Shower

**Q** List three types of materials that can be recycled:

- A**
- Glass
  - Cans
  - Foil
  - Paper
  - Cardboard
  - Mobile Phones
  - Plastic

**Q** List 2 ways in which printer use can be more sustainable:

- A**
- Make sure you buy recycled paper for the printer
  - Recycle the ink cartridge

**Q** What colour are bins for garden waste?

**A** Depends upon local practice.

**Q** Where does rubbish go that has not been recycled?

**A** Landfills that pollute the earth.