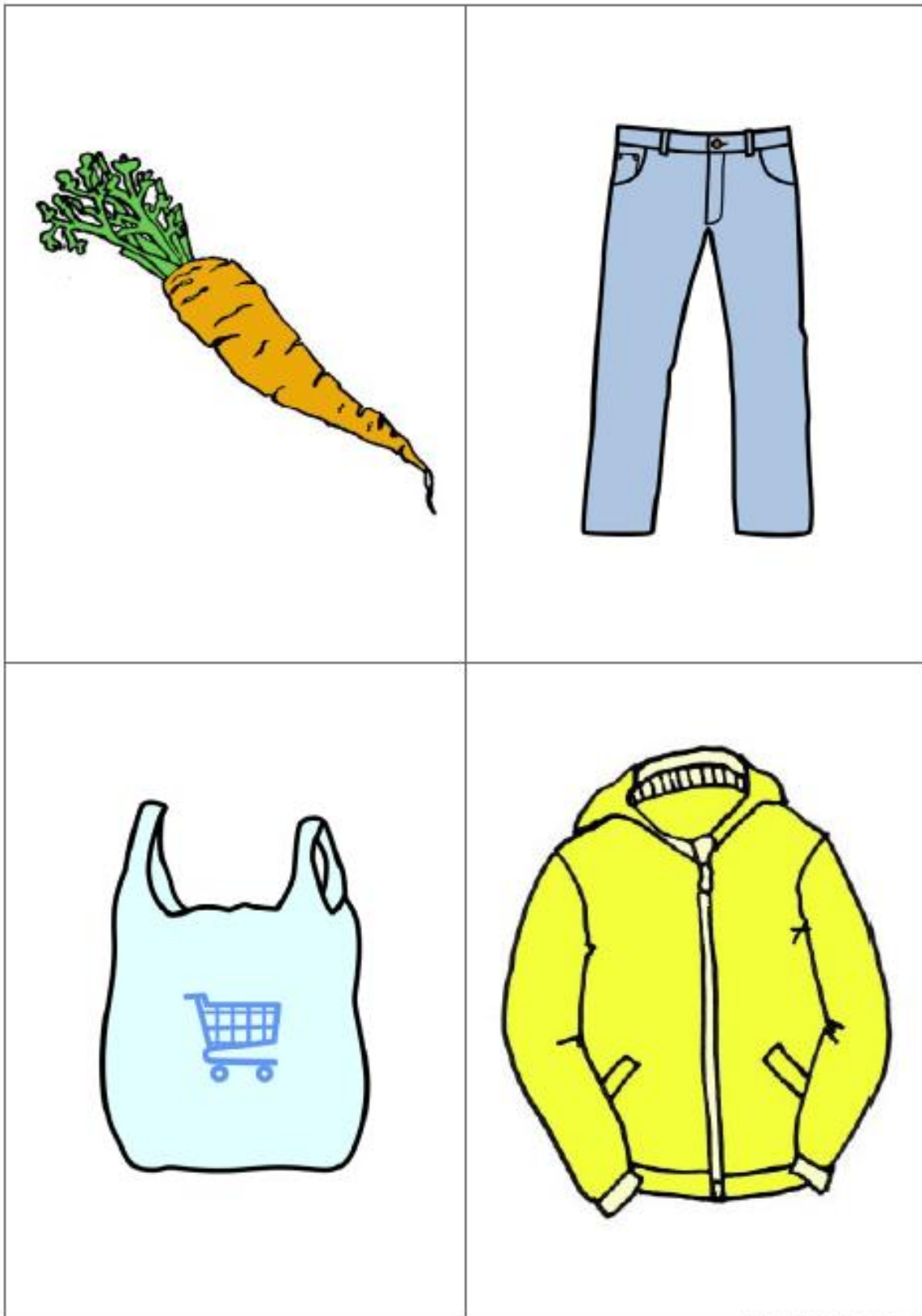


15. This is me - Recycling and ecological choices

Attachment 15.1: Recycling flashcards



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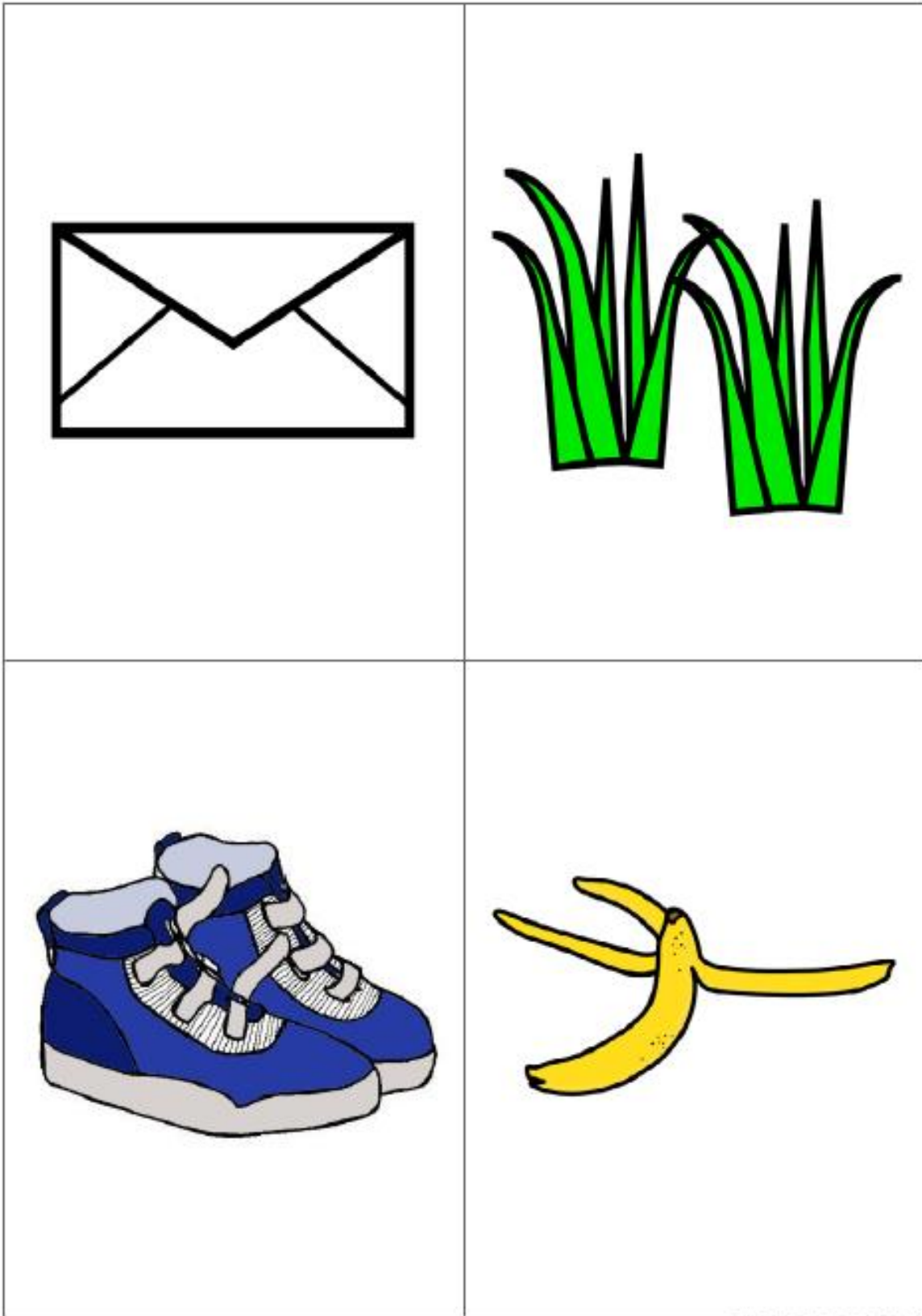
Attachment 15.1: Recycling flashcards



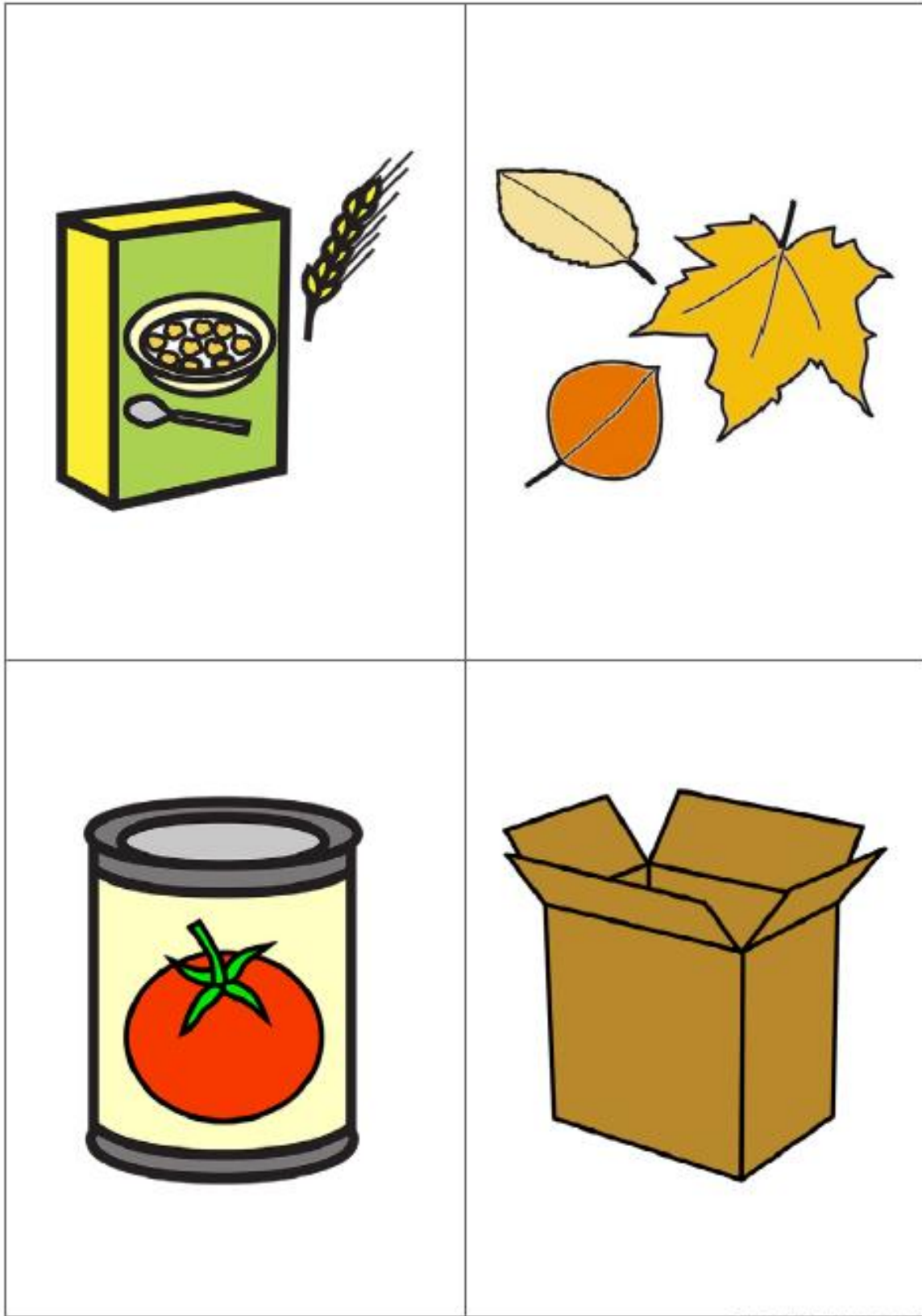
Attachment 15.1: Recycling flashcards



Attachment 15.1: Recycling flashcards

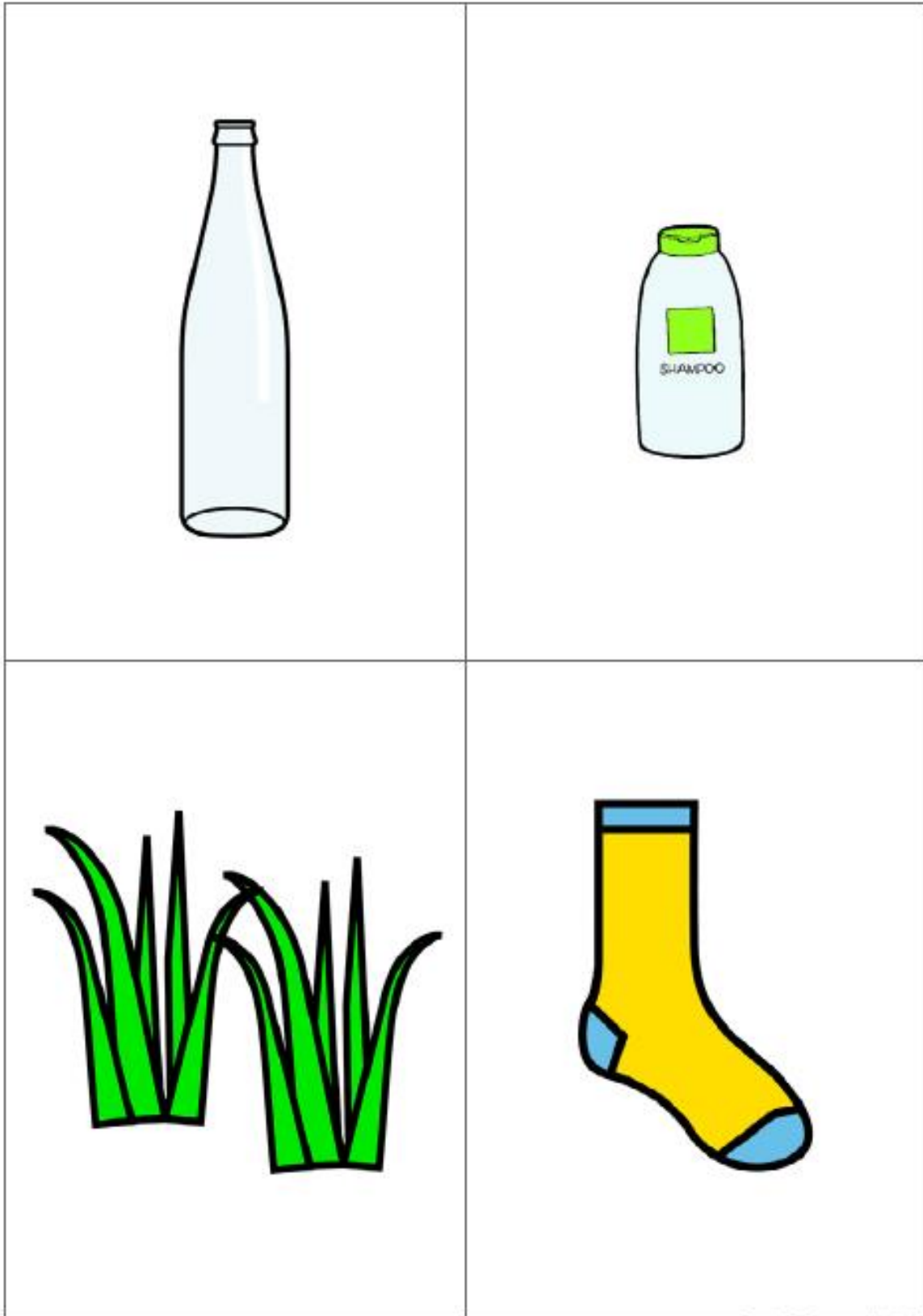


Attachment 15.1: Recycling flashcards



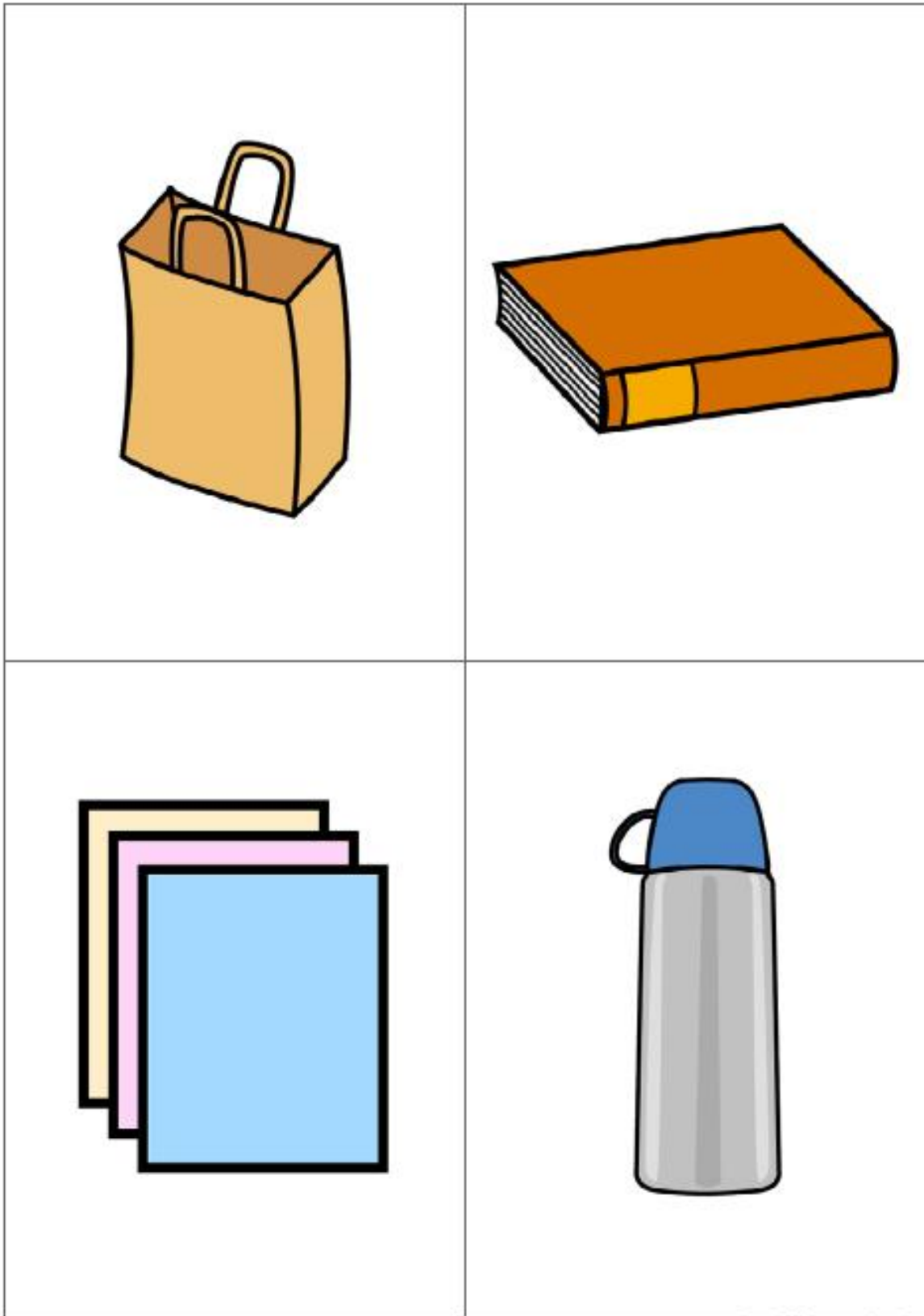
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Attachment 15.1: Recycling flashcards



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Attachment 15.1: Recycling flashcards



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Attachment 15.1: Recycling flashcards



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Attachment 15.2: Worksheet 1

Tick the ones you separate at home!		Examples of what goes in this container:
metal		
glass		
plastic		
paper		
cardboard		
organic waste		

Ideas for improving recycling at home:

Attachment 15.3: Speaking frame 1

My family	recycles doesn't recycle	cardboard. plastic. metal. organic waste. paper. glass. hazardous waste.
We	recycle don't recycle	



Guide for Household Wastes

Biowaste

only biodegradable wastes



Mixed waste

no hazardous waste, no waste electric and electronic equipment



Plastic packages

Remove caps and lids



Glass packages

only glass jars and glass bottles



Small metal items

metal cans and small metal items



Carton packages

rinse dirty cartons and flatten them out



Paper

all postal mail you receive



Hazardous waste



medicinal products to pharmacies



batteries to stores



other hazardous waste to the collection container or Sortti station



Energy-saving bulbs also to large stores selling bulbs and electrical devices.

Electric waste



Collection points: kierratys.info



The Waste guide tells you what kind of waste your waste items are and where to take them

 hsy.fi/en/wasteguide



Small metal items



Thank you for sorting your waste!



 Is something sloshing and hissing in it?
NO >> Into the metal waste collection
YES >> Into the hazardous waste collection

- ✓ Items which are mostly metal should be thrown into the metal waste collection.
- ✓ Remove food scraps from packages and rinse with cold water.
- ✓ Take larger metal items to a Sortti Station.
- ✓ Take refund cans to a shop or to Alko.

 Sorting problems? hsy.fi/en/wasteguide



HSY

Biowaste

Thank you for sorting your waste!



Your biowaste bag will last longer if you

1. Drain liquids. Let the waste mass cool and dry for a while before putting it into the bag.
2. Rip an egg carton into pieces and put them in the bottom of the bag.
3. Place the bag in an airy spot.

- ✓ Put your biowaste preferably in a paper bag. You cannot use a normal plastic bag - it won't decompose.
- ✓ Let cooking oil and other liquid fats soak into a piece of paper » into biowaste.



Sorting problems? hsy.fi/en/wasteguide



The poster features the HSY logo in the top left corner. The main title 'Carton packages' is written in a large, bold, dark grey font. To the right of the title is an orange speech bubble containing the text 'Thank you for sorting your waste!' and a green thumbs-up icon. Below the title, several examples of carton packages are shown: a flattened brown paper bag, an egg carton, a flattened cardboard box, a brown paper shopping bag, a flattened blue and white box, a flattened orange and white box, and a flattened cardboard roll. A diagram at the bottom right shows a carton being flattened with arrows and a speech bubble labeled 'plastic package' pointing to a small plastic cap. Below the diagram is a list of four instructions, each preceded by a green checkmark.

Carton packages

Thank you for sorting your waste!

Remove food scraps from the packages.
Rinse the cartons with cold water and let them dry for a while.
Flatten the packages and pack them inside each other.
Staples or packing tapes do not need to be removed.

plastic package

Sorting problems? hsy.fi/en/wasteguide



The poster features a blue border and the HSY logo in the top left. The main title 'Glass packages' is in large, bold, dark grey font. An orange speech bubble in the top right says 'Thank you for sorting your waste!' with a green thumbs-up icon. Below the title are four glass items: a clear jar, a brown beer bottle, a clear wine bottle, and a tall olive oil bottle. A list of instructions is provided, accompanied by a diagram showing a bottle being crushed into a small metal item or plastic package.

HSY

Glass packages

Thank you for sorting your waste!



- ✓ You can put both coloured and clear glass bottles and jars into the glass collection container.
- ✓ Remove corks and lids and sort them accordingly.
- ✓ It is not necessary to remove labels, bottle collars or other fixed parts.
- ✓ Remove food scraps from packages and rinse with cold water.
- ✓ Return deposit bottles to a shop or to Alko.



a small-sized metal item OR a plastic package

🔍 **Sorting problems? hsy.fi/en/wasteguide**



Plastic packages

Thank you for sorting your waste!



- ✓ It is clean enough if there is no odour nuisance: Rinse or wipe clean empty packages, if necessary.
- ✓ Don't put different plastic packages inside each other.
- ✓ Detach caps and lids - it makes the processing of materials easier.



 Sorting problems? hsy.fi/en/wasteguide

Attachment 15.5: Speaking frame 2

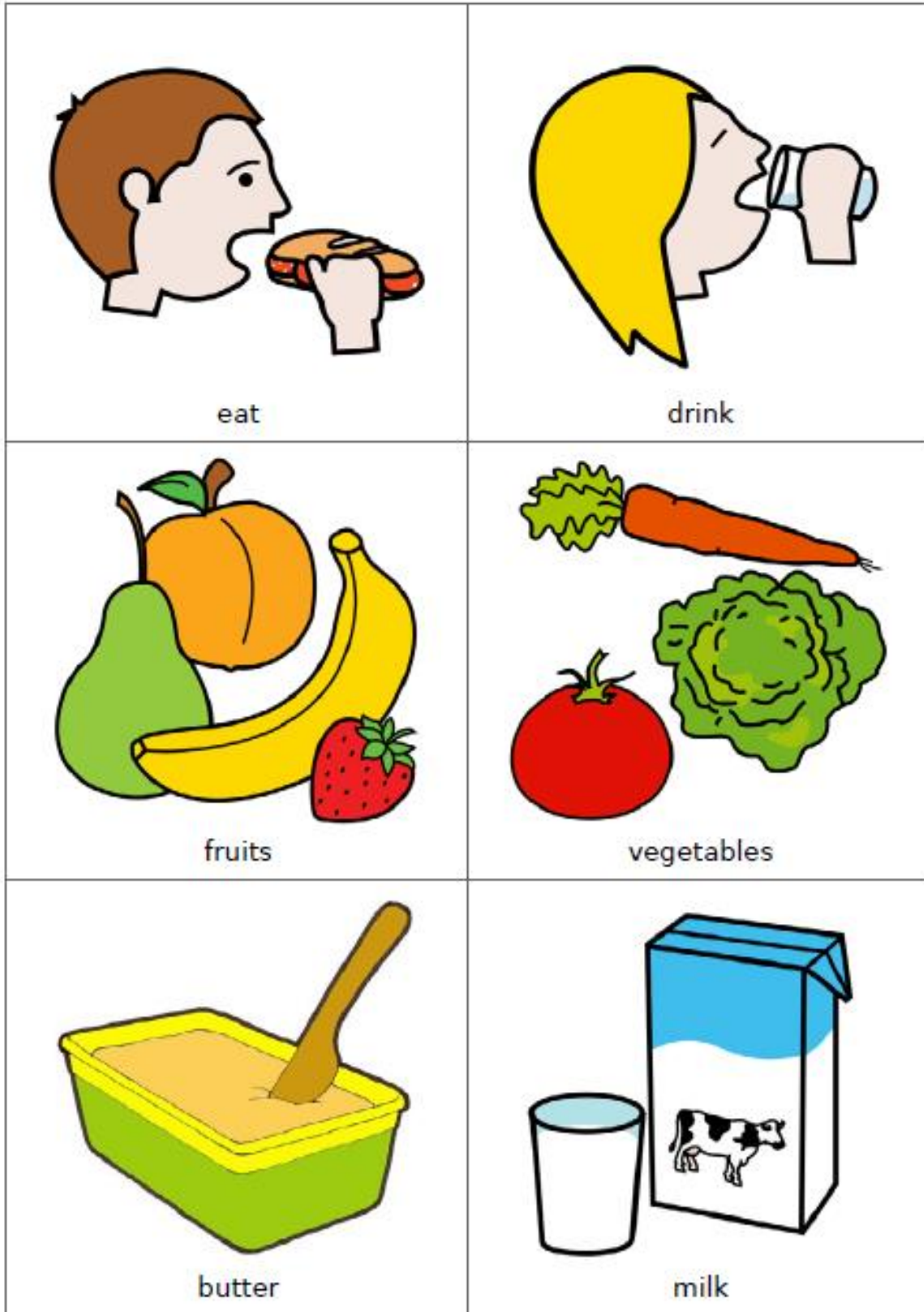
A cardboard box	go	into	cardboard waste.
A bottle	goes		plastic waste.
A battery			metal waste.
A banana peel			organic waste.
A plastic package			paper waste.
Old newspapers			glass waste.
An empty can of tomatoes			hazardous waste.
A milk carton			
Fish bones			
A broken cell phone			
Egg shells			
Used aluminium foil			
An empty ketchup bottle			

Attachment 15.6: Writing frame 1

Save	energy.
Think	before you buy.
Borrow	money.
Don't buy	your clothes at a flea market.
Buy	lights.
Turn off	to sort your waste.
Remember	less meat.
Eat	vegetarian food.
Don't throw	food away.

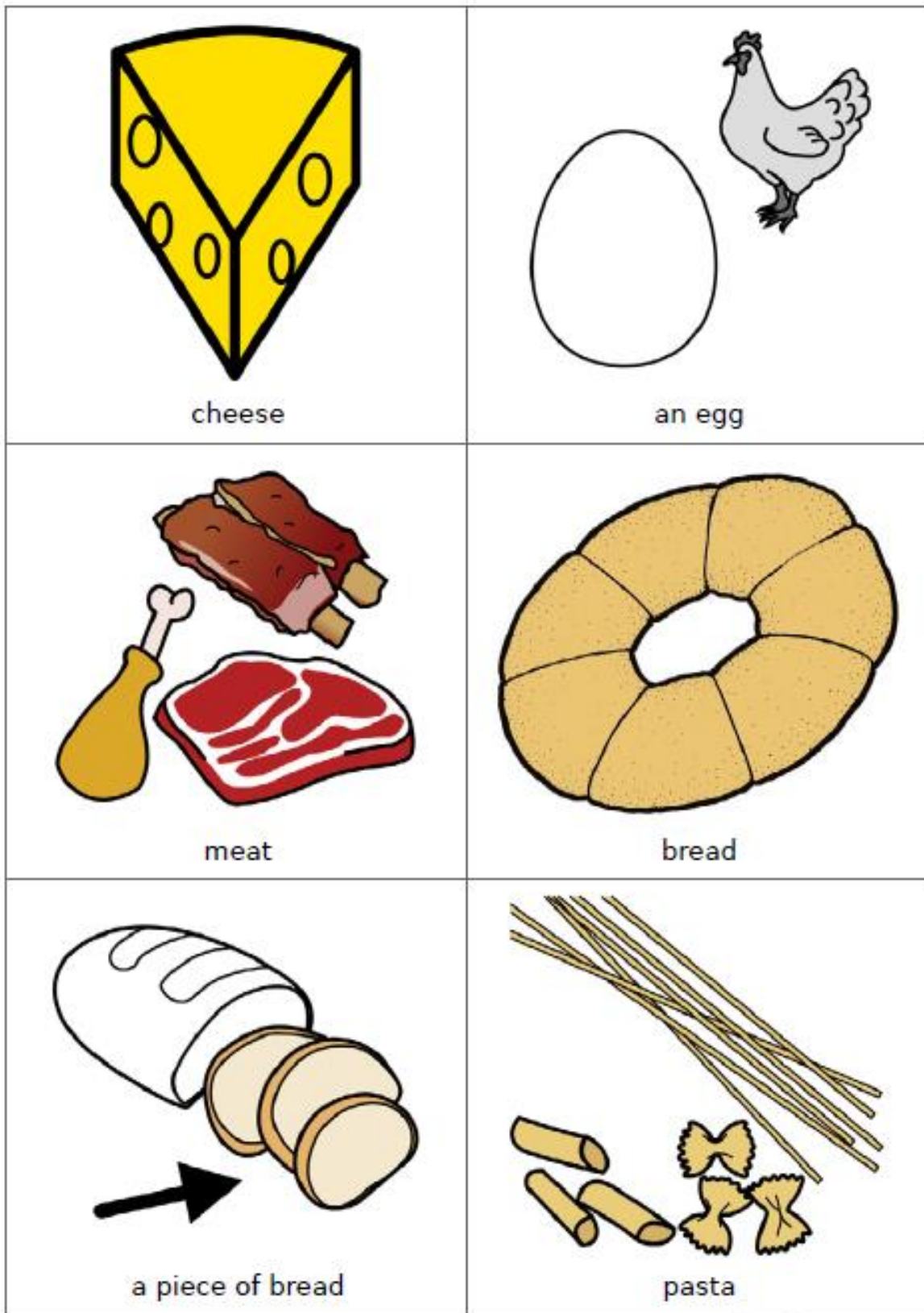
16. This is me: Healthy Lifestyle

Attachment 16.1: Healthy and unhealthy food flashcards



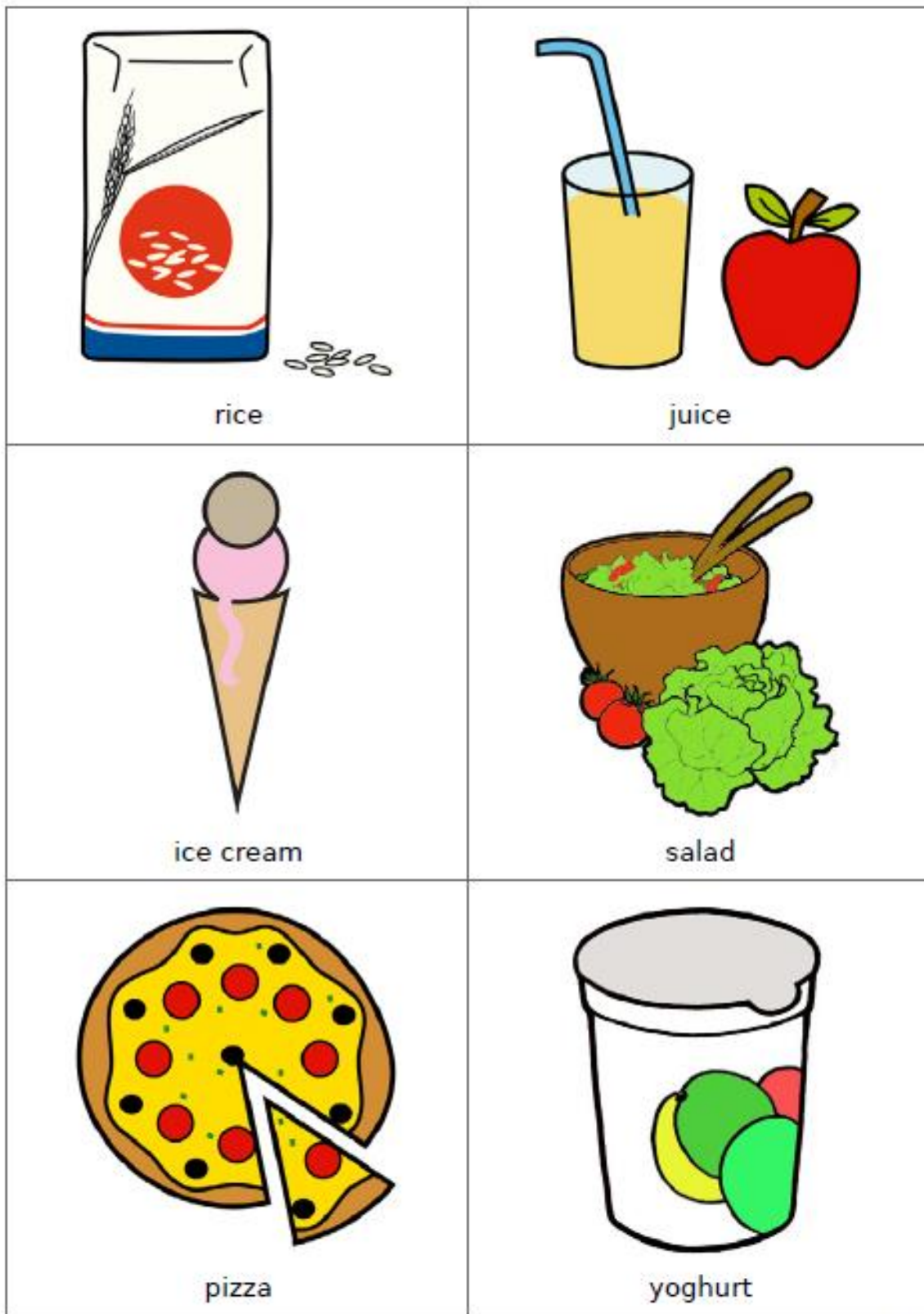
kuvatyokalu.papunet.net

Attachment 16.1: Healthy and unhealthy food flashcards





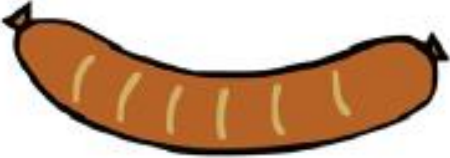
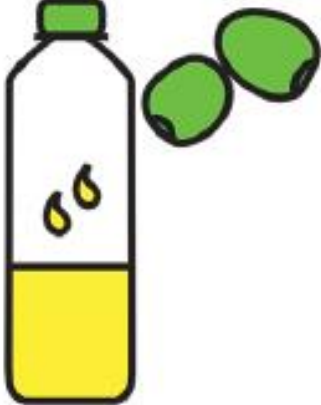
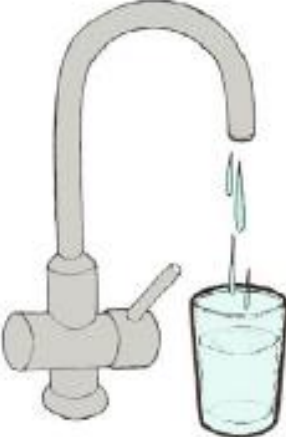
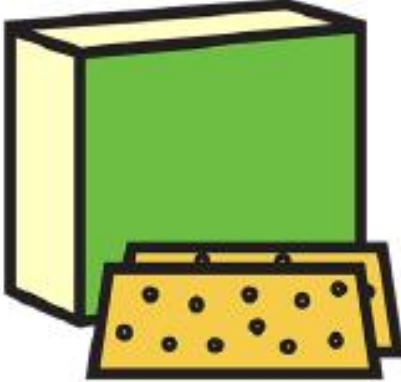
kuvatyokalu.papunet.net

Attachment 16.1: Healthy and unhealthy food flashcards



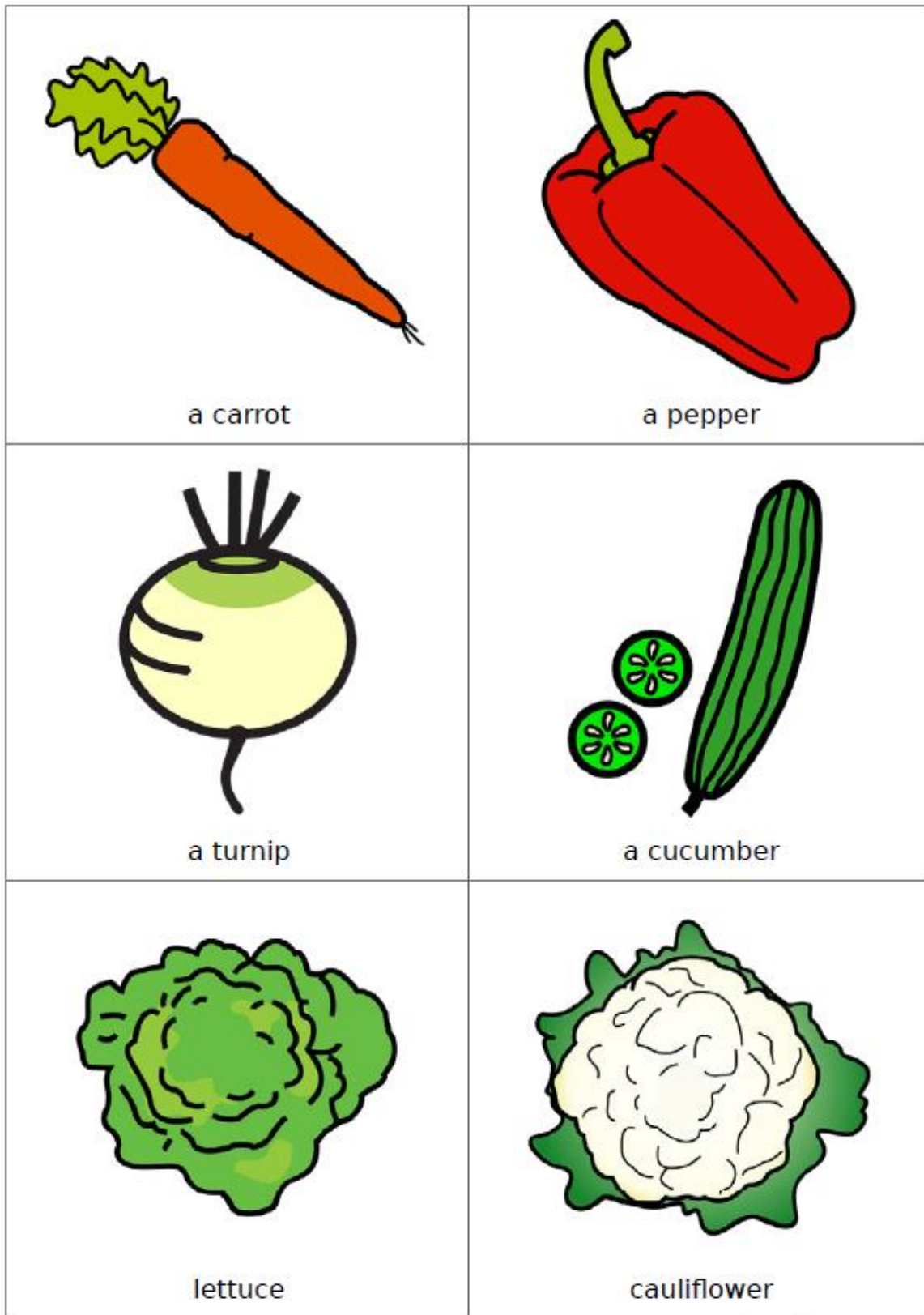
kuvatyoika.fi/papunet.net

Attachment 16.1: Healthy and unhealthy food flashcards

 <p>fish</p>	 <p>sauce</p>
 <p>a sausage</p>	 <p>olive oil</p>
 <p>water</p>	 <p>crispbread</p>

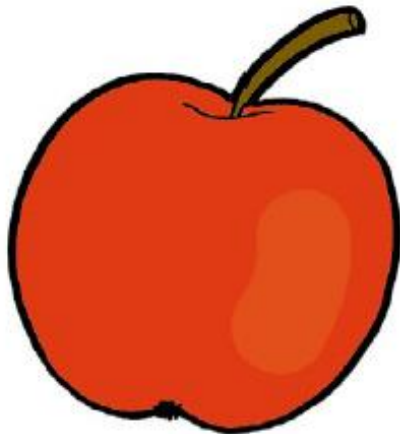
kuvatyokalu.papunet.net

Attachment 16.1: Healthy and unhealthy food flashcards

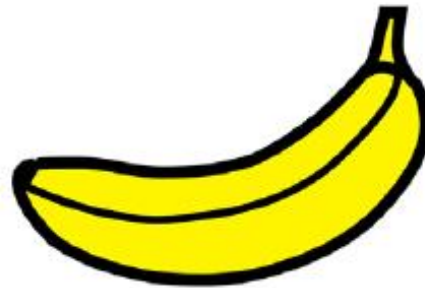


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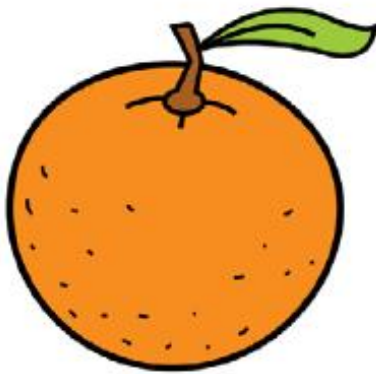
Attachment 16.1: Healthy and unhealthy food flashcards



an apple



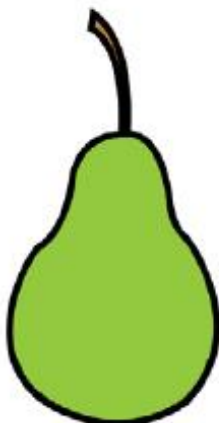
a banana



an orange



a strawberry



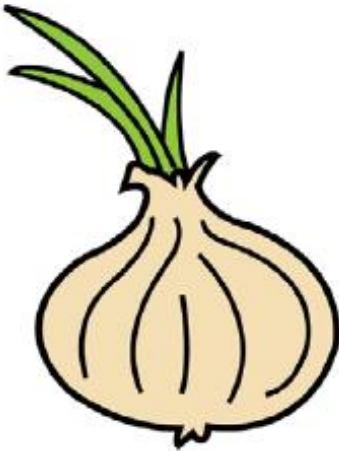

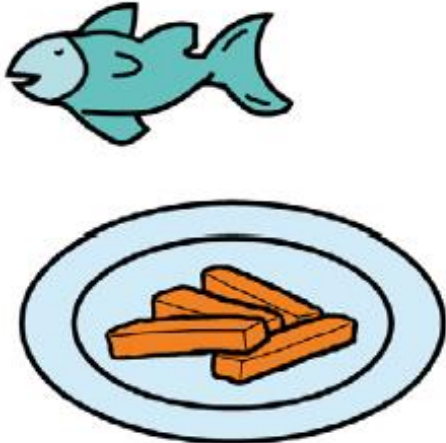
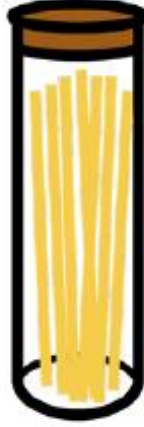

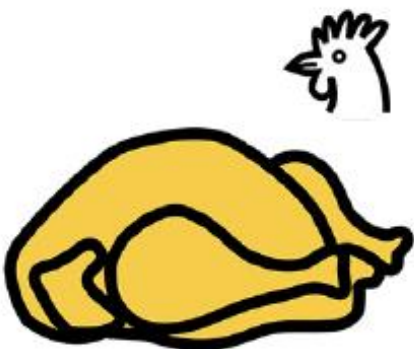
a pear



broccoli

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Attachment 16.1: Healthy and unhealthy food flashcards

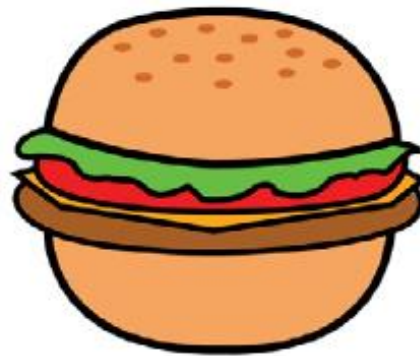
 <p>an onion</p>	 <p>soup</p>
 <p>fish fingers</p>	 <p>spagetti</p>
 <p>a potato</p>	 <p>chicken</p>

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Attachment 16.1: Healthy and unhealthy food flashcards



porridge



a hamburger



spinach



casserole






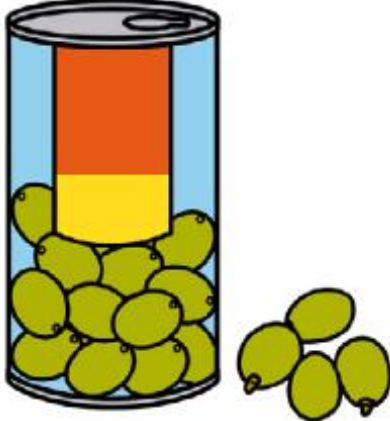
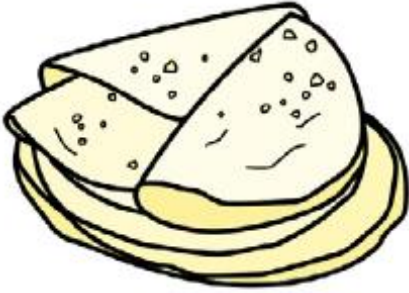
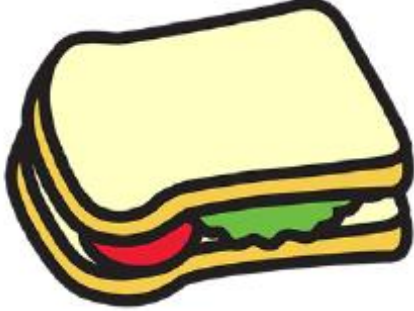
lasagne



patty

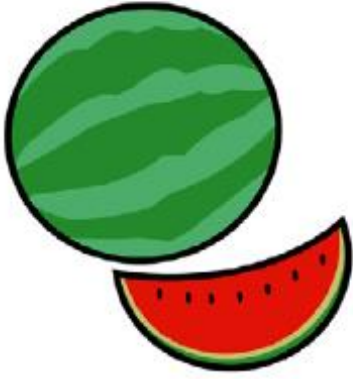


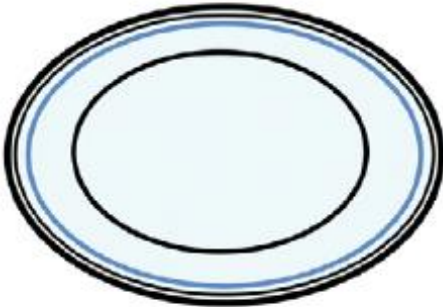

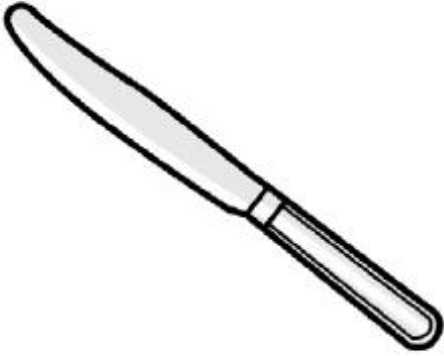
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Attachment 16.1: Healthy and unhealthy food flashcards

 <p>sour milk</p>	 <p>radish</p>
 <p>zucchini</p>	 <p>olives</p>
 <p>a tortilla</p>	 <p>a sandwich</p>

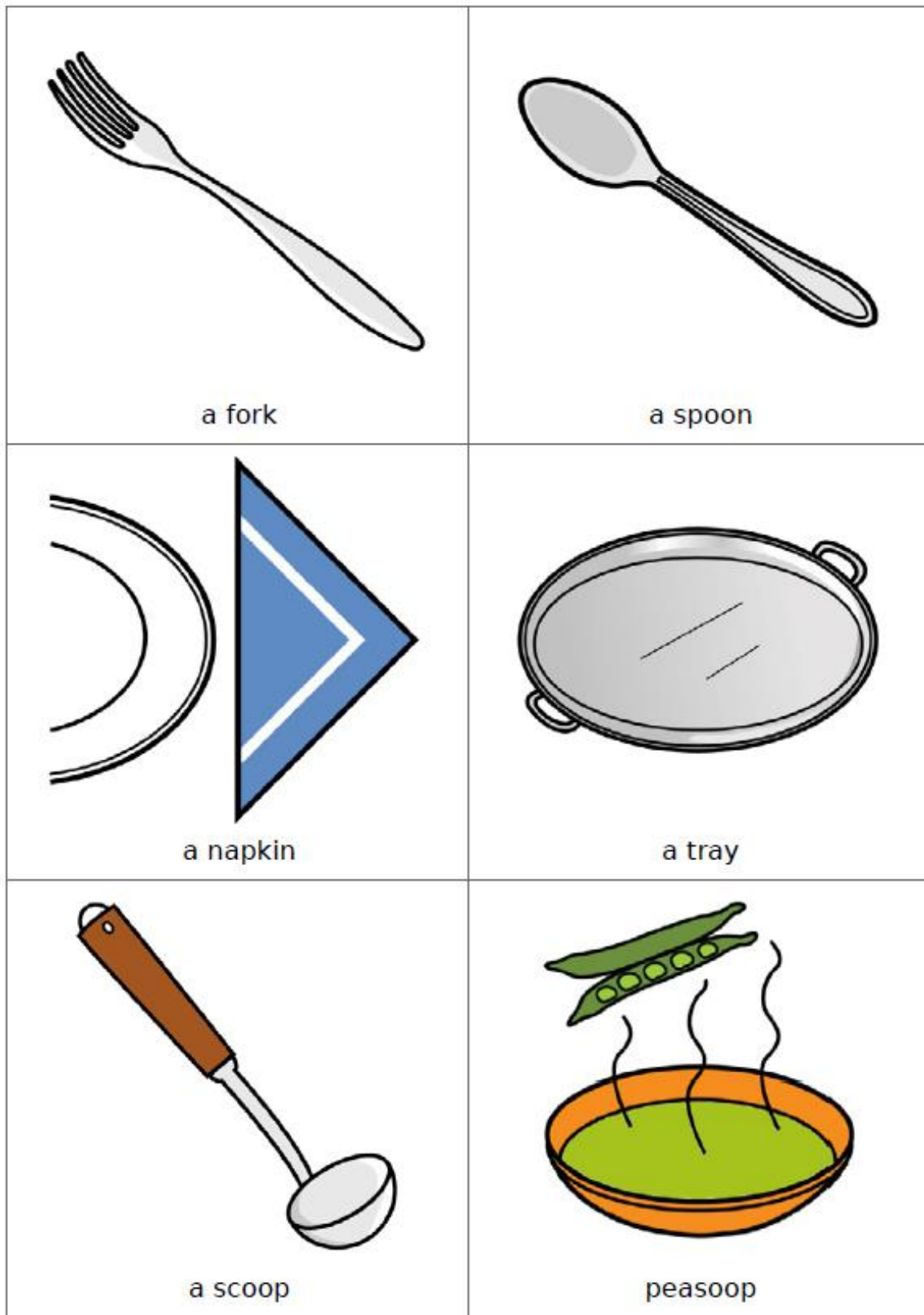
kuvatyoakalu.papunet.net

Attachment 16.1: Healthy and unhealthy food flashcards

 <p>watermelon</p>	 <p>oatmilk</p>
 <p>a glass</p>	 <p>a plate</p>
 <p>cutlery</p>	 <p>a knife</p>

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Attachment 16.1: Healthy and unhealthy food flashcards



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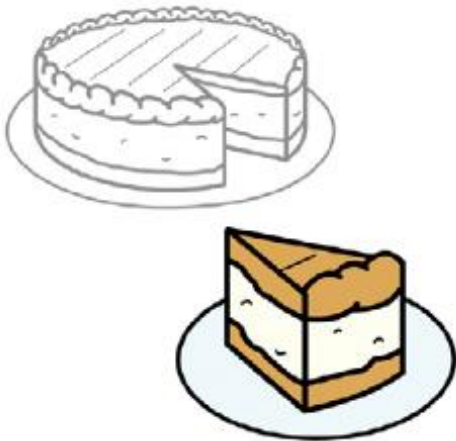
Attachment 16.1: Healthy and unhealthy food flashcards



french fries



a cake



a piece of cake



cookies



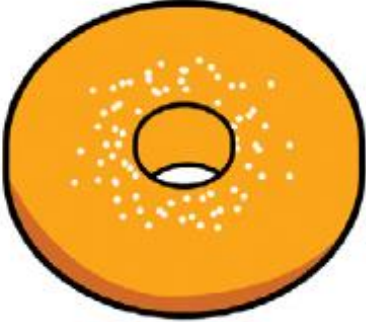


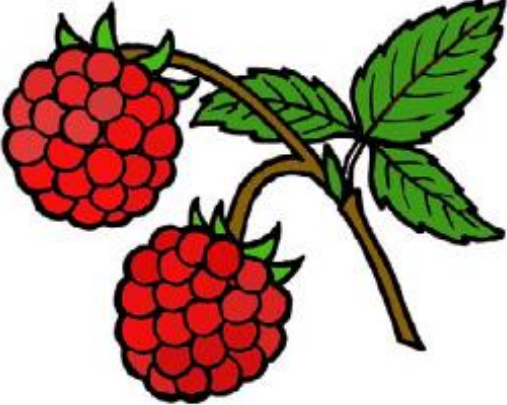
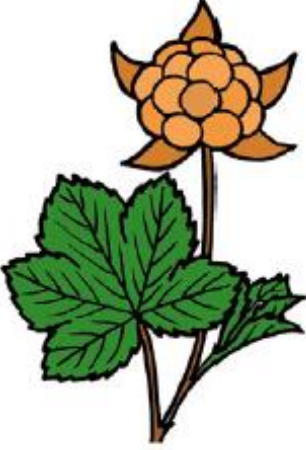

a cupcake



a soft drink

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Attachment 16.1: Healthy and unhealthy food flashcards

 <p>donut</p>	 <p>a milkshake</p>
 <p>blueberries</p>	 <p>rasberries</p>
 <p>cloudberryes</p>	 <p>lingonberryes</p>

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Attachment 16.1: Healthy and unhealthy food flashcards



redcurrant



blackcurrant



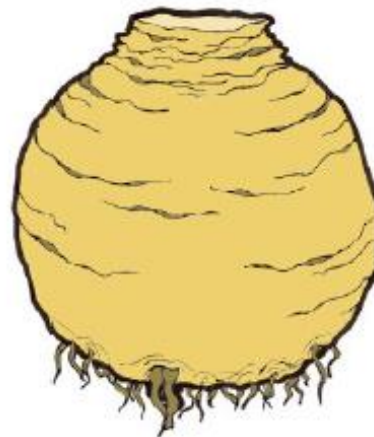
lollipop



chocolate



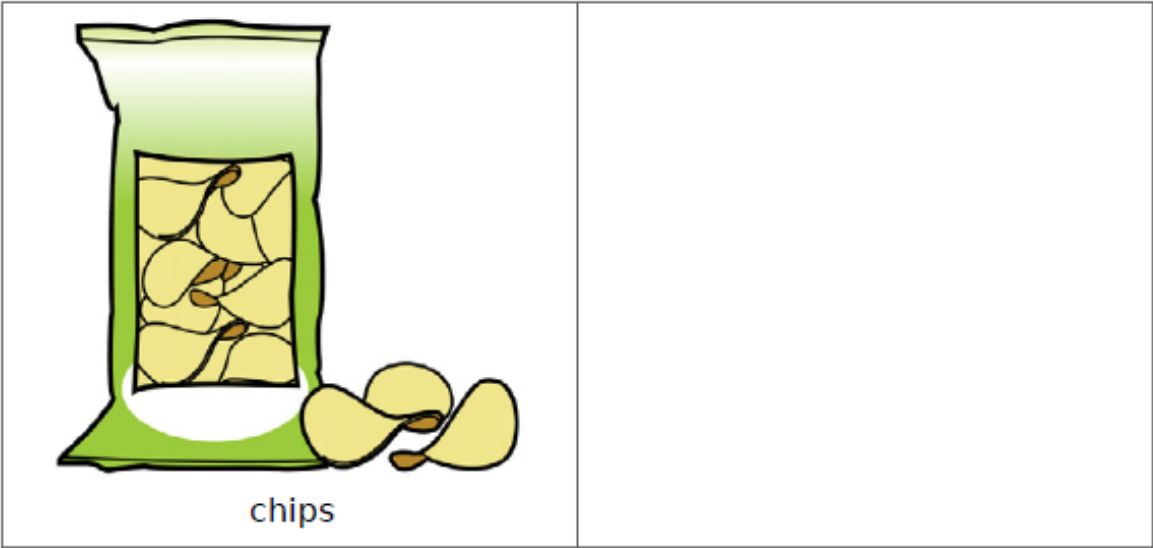
candies



a swede

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Attachment 16.1: Healthy and unhealthy food flashcards



Attachment 16.2: Speaking frame 1

You should	lie down. call your mum/dad. take it easy.
Why don't you	see the school nurse? get some rest?
I think you'd better	drink some water / warm tea. talk to a friend. do something you enjoy.
You could	take some medicine. eat something yummy. listen to some music.

Attachment 16.3: Healthy lifestyle flashcards

sleep	rest
exercise	healthy food
mental health	mindfulness
positive attitude	

Attachment 16.4: How do you feel – flashcards

sick	fever
cold	headache
sore throat	sad

Attachment 16.4: How do you feel – flashcards

scared	nervous
anxious	earache
back pain	stomach ache

17. Me as an artist - Songs in English and moving to the rhythm

Attachment 17.1: Speaking frame 1

Clap your hands	three	times.
Stomp your feet	four	
Tap your knees	five	
Tap your head	six	
Tap your chest		
Rub your fingers		

Attachment 17.2: Writing frame 1

	Instructions:	
Clap your hands.	Pat your knees 5 times.	Loud
Snap your fingers.	Tap your head 5 times.	Quietly
Pat your knees.	SHHHHH! for 2 seconds.	Speeding up
Stomp your feet.	Clap your hands 3 times.	Slowing down
Hum the melody.		Fast
Tap your head.		Slow
Rub your fingers.		Soft
SHHHH!		Hard