



# Planet Sustainia

..... QUESTION CARD

**What do the 3Rs stand for?**



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**Name one eco-friendly  
transport option.**



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**Why is turning off lights  
helpful?**



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**Give one water-saving action.**





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**Give an example of a reusable item.**



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**What is food waste?**



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**What is responsible  
consumption?**



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**Name one eco-label you know.**





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**What is fast fashion?**



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**Why is local food more sustainable?**



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**Give one example of energy efficiency.**



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**How can you reduce food  
waste at home?**





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**What is climate change?**



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**What is a circular economy?**



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**What is “phantom energy”?**



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**How does meat consumption  
impact the environment?**





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**What is a water footprint?**



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**Why is e-waste harmful?**



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**Name one way to reduce your  
carbon footprint at home.**