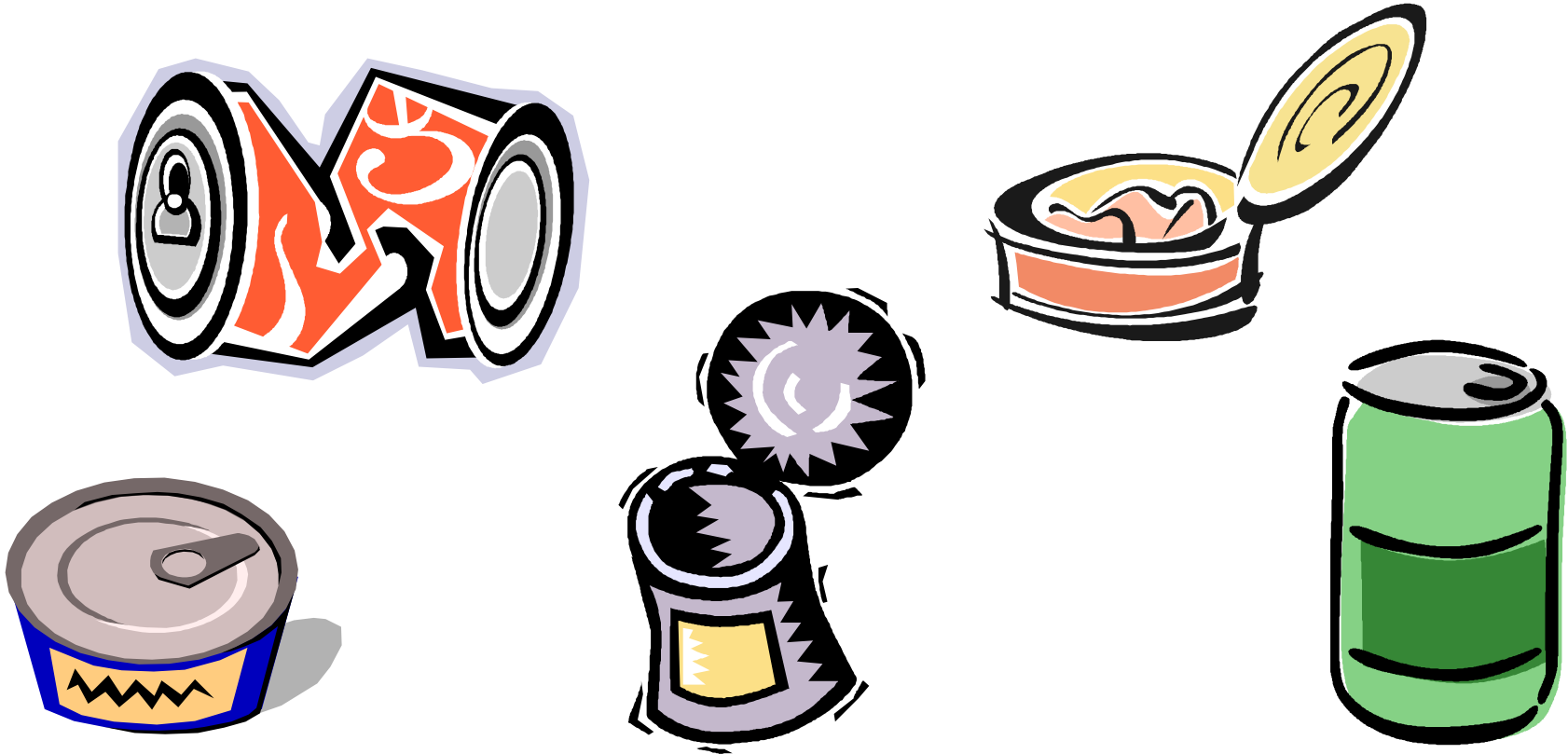


**Are you a 3R
champion?**

**Take my quiz and find
out. Remember to
answer the questions
honestly!**



1. Do you recycle your food and drink cans?

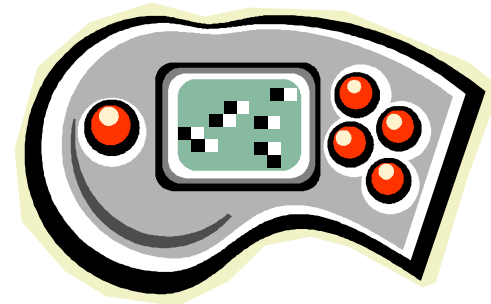
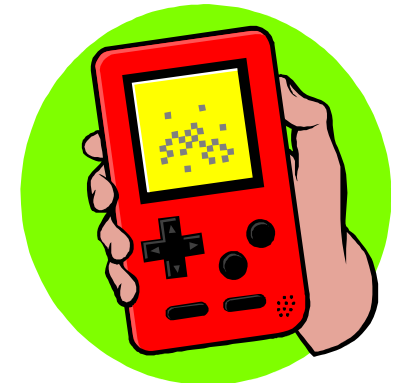
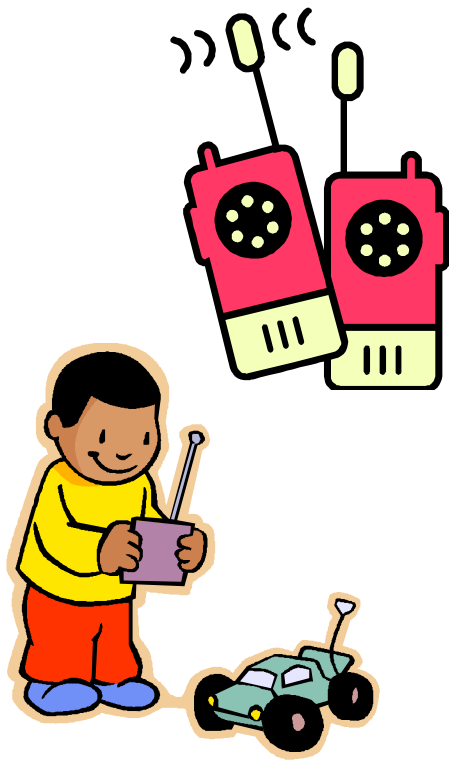


A. Usually

B. Sometimes

C. Never

2. Do you use rechargeable batteries in your electrical toys?

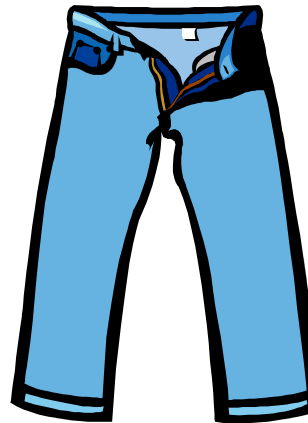
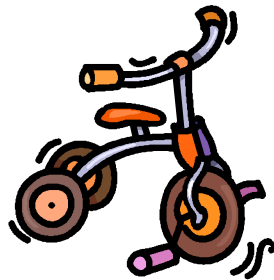


A. Usually

B. Sometimes

C. Never

3. Do you give your old clothes and toys to second-hand shops or jumble sales, rather than throw them away ?

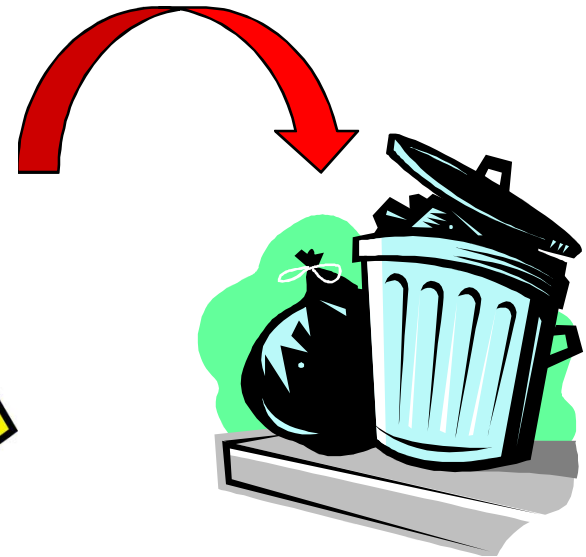
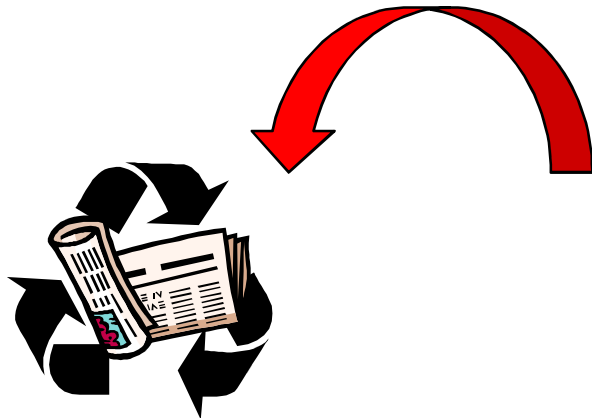


A. Usually

B. Sometimes

C. Never

4. Do you recycle your old comics and magazines rather than just throw them out?



A. Usually

B. Sometimes

C. Never

5. Does your family remember to take reusable bags when you go to the supermarket?



A. Usually

B. Sometimes

C. Never

6. Do you write on both sides of a piece of paper before recycling it?

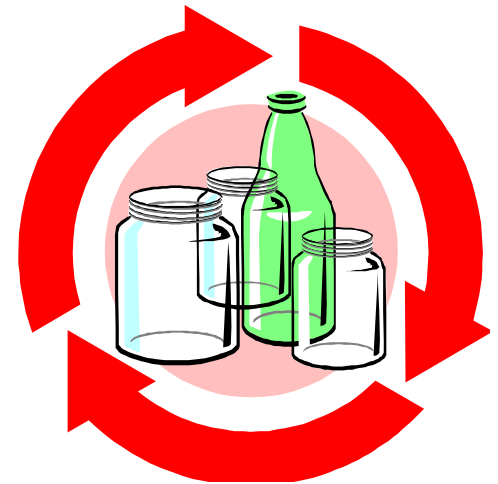


A. Usually

B. Sometimes

C. Never

7. Do you make sure that your family recycles glass bottles and jars ?



A. Usually

B. Sometimes

C. Never

8. Do you reuse your plastic bottles before you recycle them?

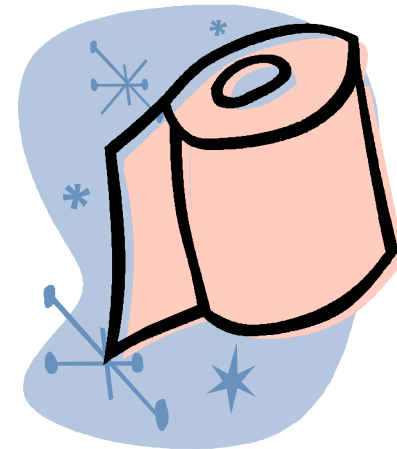


A. Usually

B. Sometimes

C. Never

9. Do you try to get the rest of the family to buy recycled products, e.g. toilet rolls made from recycled paper ?

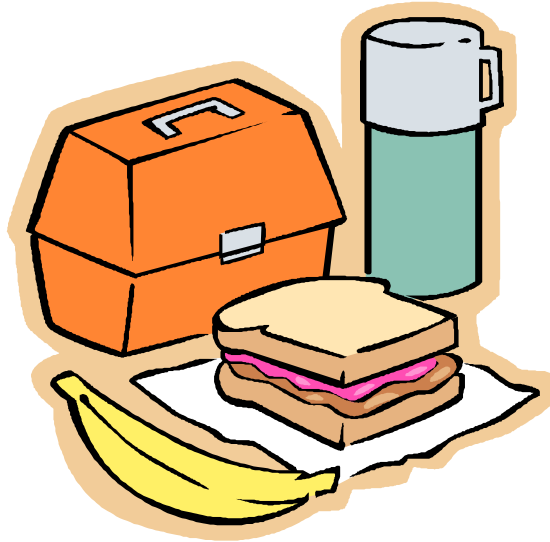


A. Usually

B. Sometimes

C. Never

10. Do you use a lunch box for your sandwiches instead of foil, cling film or plastic bags ?



A. Usually

B. Sometimes

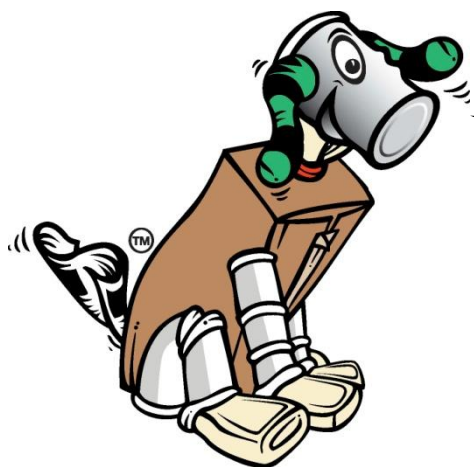
C. Never



How did you score?

Mostly 'A's

You're a 3R champion! You really think about the waste you make. Keep up the great work and try to get more people reducing, reusing and recycling just like you!



Mostly 'B's

Well done, you've started to watch your waste. But there is still a lot more you could do!

Mostly 'C's

Are you lazy or don't you care? You've got a lot of work to do but don't worry we can help you on your way!



Take action, be a champion!

Whatever you scored in the quiz, we can all do even more to cut down on our waste.

Our 3R pledges

Choose a pledge for each of the 3Rs and write them down on your certificate.

Use some of the examples from the next few slides if you are stuck for ideas.





- Refuse plastic bags at the shops and take reusable bags with you
- Choose snacks with the least amount of packaging
- Take your sandwich to school in a washable lunch box, not foil or cling film
- Use rechargeable batteries in your electrical toys
- Buy only what you really need



- Refill a plastic water bottle with juice
- Write on both sides of a piece of paper
- Swap toys, games and comics with a friend
- Give clothes you've outgrown of to a younger brother/sister or friend
- Take old toys and books to a charity shop

- Take empty glass bottles and jars to a bottle bank
- Put your fruit peelings in a compost bin
- Wash and squash your plastic bottles before recycling them
- Recycle all waste paper
- Recycle all your food and drink cans
- Buy things made from recycled materials

