

## 16

## Fall in love with nature

Level:  4

Let's think!

1. What is green living?
2. How eco-friendly is your lifestyle?

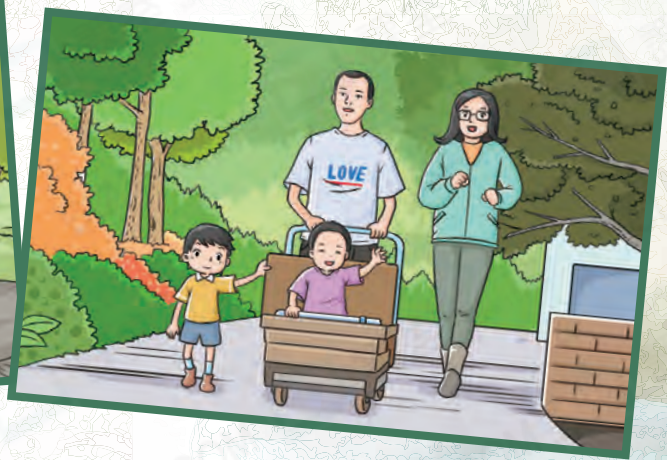
PLAYLIST



READ ALONG



## Interview with 'Wildman'



1 Hello, Mr Mok. Why do you call yourself 'Wildman'?

2 As a nature conservationist and practitioner of a simple lifestyle, I aim to promote green living in Hong Kong. I firmly believe that living off-the-grid can enhance our well-being and promote a sense of peace. My goal is to inspire people to explore and safeguard the natural world through this name.

5

3 How do you practise your 'simple life' philosophy?

4 I moved to a village house in the New Territories over a decade ago, and now I live there with my wife and sons in a basic but fulfilling way. We grow our own vegetables and cook our food over a wood fire. We use tea seed powder for hair washing. The pleasant natural surroundings, far away from the hustle and bustle of the city, give me the opportunity to reflect on what happiness truly means.

10

5 When did you first have the idea of protecting the environment?

6 When I was young, I used to have a sedentary lifestyle and seldom went outdoors. I loved watching TV in the comfort of my air-conditioned home. As I grew older, I came to realise that a homebody may actually consume more energy. I felt even more guilty after I learnt about my city's environmental challenges, as I realised I was part of the problem. As a result, I set about developing eco-friendly habits.

15

7 How do your parents think about your way of living?

20

8 Although they would prefer me to live a normal life and work a normal job, they also understand my vision and my beliefs. I wouldn't deny the importance of money, but I just think that true fulfilment comes from something that goes beyond the pursuit of money.

9 Speaking of true happiness, can you share with us what it means to you?

25

10 To me, it means spending precious moments with my family. Also, I am glad to have founded Natural Network. It holds activities like hiking trips, farming workshops and talks. Organising these activities is a great way to enhance my relationship with nature and become more aware of conservation issues.

11 Last but not least, do you have any words for young people?

30



12 I know it can be scary to chase after your dreams, but I am living proof that it is possible to live a life that is different from the norm. So, if you have your own goals, I encourage you to pluck up your courage and take that first step towards making them a reality!

~420 words



35

### Looking into Grammar

We use the linking words **but**, **although**, **though** or **even though** to join contrasting ideas. We do not use more than one of them in the same sentence.

✓ (✗ *Although*) I know it can be scary to chase after your dreams, **but** I am living proof that ...

? Circle all the linking words showing contrast in paragraph 8.

Read the text and answer questions 1–14. For multiple-choice questions, choose the best answer and blacken ONE circle only. (28 marks)

1. (i) What is Mok’s nickname? \_\_\_\_\_  
 (ii) What does he hope to achieve with his nickname?  
 \_\_\_\_\_

2. Based on the information in paragraph 4, list THREE simple lifestyle practices that Mok and his family follow.  
 (i) \_\_\_\_\_  
 (ii) \_\_\_\_\_  
 (iii) \_\_\_\_\_





3. How has Mok benefited from the simple life philosophy? Explain your answer with ONE reason from paragraph 4.  
 \_\_\_\_\_  
 \_\_\_\_\_

4. In paragraphs 1–4, find a phrase which shows that Mok and his family provide for their own needs.  
 \_\_\_\_\_

5. Based on paragraph 6, complete the summary by writing ONE word to fill in each blank. Make sure your answers are grammatically correct. The words may not appear in the text.

When Mok was (i) \_\_\_\_\_, he seldom (ii) \_\_\_\_\_ his house.  
 He liked to turn on the (iii) \_\_\_\_\_ and watch TV the whole day.

6. According to paragraph 8, which of the following is TRUE about Mok’s thoughts on money?  
 A. Money is an important factor when choosing a job.  
 B. Money is not important at all.  
 C. Earning money is the only way to achieve true fulfilment.  
 D. Money may not bring true happiness.
- A    B    C    D

7. Which of the following is NOT an activity held by Natural Network?
- A.  B.  C.  D. 
- A    B    C    D

8. Complete the sentence by filling in each blank with ONE word taken from paragraph 10.

Mok finds happiness in two things: spending quality time with (i) \_\_\_\_\_ and contributing to the (ii) \_\_\_\_\_ of the natural world.

9. Who does 'you' (line 34) refer to?

9 Look at the question the reporter asks. \_\_\_\_\_

10. Find a phrase which has a similar meaning to 'overcome your fear' in paragraph 12.

\_\_\_\_\_

11. Look for words or phrases in paragraphs 6–12 to match the following definitions.

- (i) \_\_\_\_\_ (*adj.*) involving little exercise or physical activity  
 (ii) \_\_\_\_\_ (*n.*) behaviour that most people think is usual or expected  
 (iii) \_\_\_\_\_ (*n.*) an example of how true something is



12. Determine whether each of the following statements is a fact or an opinion.

	Fact	Opinion
(i) Mok has made achievements in protecting the environment.	<input type="radio"/>	<input type="radio"/>
(ii) Staying home for long can do more harm to the environment.	<input type="radio"/>	<input type="radio"/>
(iii) Green living is the best way to live a fulfilling life.	<input type="radio"/>	<input type="radio"/>
(iv) It is pleasant to live in the countryside.	<input type="radio"/>	<input type="radio"/>

13. Determine whether the following statements are True (T), False (F) or Not Given (NG).

13 The wording in the text may be different from that in the question.

	T	F	NG
(i) Mok moved to the New Territories ten years ago.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(ii) Mok's parents believe that Mok cannot support himself with his job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iii) Mok cherishes the time spent with his loved ones.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
(iv) Mok works more than one job.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

14. Why does Mok think that young people need 'living proof' (line 32)?

\_\_\_\_\_  
 \_\_\_\_\_

### Pre-DSE Level Up

Q2: Each answer must include a verb that shows how Mok's family practise a simple lifestyle.

# Vocabulary

## GLOSSARY



A. Complete the newsletter article below with the given words. Make sure your answers are grammatically correct.

**Adjective:** eco-friendly

fulfilling

**Adverb:** off-the-grid

**Noun:** conservationist

homebody

practitioner

**Verb:** found

pursuit

vision

safeguard

## Save the Environment: Tips for Going Green

Extreme climate events are happening more and more often, so people are thinking of better ways to (1) \_\_\_\_\_ our world. In this issue, we are suggesting several ways for our readers to do their bit for the environment.

Some (2) \_\_\_\_\_ have suggested that we should measure the amount of greenhouse gas produced in each human activity. Activities that release less harmful gas are considered more (3) \_\_\_\_\_. For example, growing vegetables releases less greenhouse gas than raising cows for meat. Therefore, choosing to eat more vegetables and less beef can help protect the environment.

Also, being a / an (4) \_\_\_\_\_ may have a higher environmental impact than you think. It is because home appliances like air-conditioners and refrigerators use a lot of electricity. So, in (5) \_\_\_\_\_ of a more sustainable lifestyle, you should use energy-saving appliances and turn them off when they are not in use.

If feasible, we can explore the option of living (6) \_\_\_\_\_ by producing clean energy at home. (7) \_\_\_\_\_ of this lifestyle achieve this by setting up solar panels. While it may be a difficult change to make, the result can be (8) \_\_\_\_\_. You are producing less greenhouse gas and you don't have to pay for electricity anymore.

Finally, to learn more about green living, you can visit the website of Greenpeace. This international organisation (9) \_\_\_\_\_ in 1971. Its (10) \_\_\_\_\_ is to solve environmental problems.



- B. Complete the speech below with the given words. Make sure your answers are grammatically correct.

### Living an environmentally friendly life

air-conditioning

consumption

disposable

organic

recycle

reduce

reusable

upcycle

Good morning, everyone!

Every day, we use large amounts of resources such as food, water and energy. This (1) \_\_\_\_\_ has led to an increase in pollution. However, by adopting an environmentally-friendly lifestyle, we can reduce our impact on the environment and preserve natural resources.

So how can we live this lifestyle? One simple way is to (2) \_\_\_\_\_ — separating paper, plastic and glass from other waste so that they can be turned into new products. Doing this can help (3) \_\_\_\_\_ the amount of waste sent to landfills.

Another way is to use (4) \_\_\_\_\_ items instead of (5) \_\_\_\_\_ ones. For example, always bring your own tote bags instead of using single-use plastic bags.

Also, try (6) \_\_\_\_\_ old items into something new instead of throwing them away. For example, old bottles can be used as flower vases.

If you can, eat (7) \_\_\_\_\_ food. They are good both for the environment and our health as they don't contain any harmful chemicals.

Lastly, using less (8) \_\_\_\_\_ can save energy and so lessen pollution.

Every small step we take can have an impact on our planet. Together, we can make a difference and create a better world for all!



## Writing

### Becoming environmentally friendly

Write an article of about 150 words to share your way of leading an eco-friendly lifestyle.