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Hilary P. is a professional psychotherapist and has practised in the United Kingdom for over 15 years. Hilary has a keen interest in language learning, with a classical language educational background. Hilary's particular interests & experience is in psychology, education & learning, especially online learning and language acquisition.

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Transcript Learn English Article 119

You Need To Stop Using One Use Plastic Today

Summary

Sometimes the obvious needs to be spoken out loud, especially when speaking English, to really make sense. So this weeks transcript of the Thursday learn English podcast does just that.

We live in a crazy world, where we use a plastic straw ONCE for maybe 5 minutes and 1000 years later that straw is still around in some rubbish tip!

So stop twiddling your thumbs why not learn to speak English and listen to some interesting facts on plastics.



Welcome

Hi there, I'm Hilary and welcome to this latest short podcast from Adept English. Learn English through listening – that's what we do at Adept English. And we try to make it interesting, current and topical for you at the same time. Hopefully, this means that Adept English is more interesting than your English language text book, the one you used to use at school?! It's a good way to learn the English language.

You Use A Plastic Bottle For 5 Minutes And 450+ Years Later The Bottle Is Still Around!

OK, here's an interesting idea. I don't know whether it's happening in your country, but in the UK, we are concerned about what we call 'single use plastics'. So plastic waste is a horrible problem all over the world. There have been awful pictures on the TV news recently of plastic waste, rubbish covering the surface the sea, washing up in rivers. Yes, we can recycle some plastic, but a lot of it doesn't get recycled, or isn't easily recycled. So trying to reduce the use of 'single use plastics' is important. I think that the word 'plastic' is the same in many languages – it's what your water bottles are usually made of, anyway. And 'single use' means that you use something only once, and then you throw it away. It becomes rubbish. The problem is that that plastic, that rubbish, that you've used just once, can take around 450 years – and even up to a 1000 years to decompose, to disappear. That's crazy. So you drink your water from a plastic bottle, in probably under 5 minutes and then the bottle continues to exist as a piece of rubbish for 1000 years. That's a bit mad!

Companies Will Only Make Products We Choose To Buy So Only Choose To Buy Environmentally Sensible Products Please!

Well, in the fight against plastic waste, plastic pollution – much of the work must be done by the companies who make the products, who package them. It's their job to make packaging less plastic. But each of us can also 'do our bit'. And I noticed a brilliant solution to one part of the problem that's being used by a restaurant in Bristol, in the UK. Plastic drinking straws are 'single use plastics' – but at the same time, it is nice to drink your cocktail with a straw. So this restaurant in Bristol are using pasta instead of plastic straws for their



cocktails. They said apparently customers have been very happy with this idea. You can use them once, throw them away – and I’m pretty sure that they won’t create the same kind of rubbish problem. It’s pasta, so it’s not going to be a piece of rubbish which is hanging around in 1000 year’s time!

Taking Pasta To A Whole New Level

I did a quick bit of research to find out what kind of pasta could we use as a drinking straw. I was surprised to find that there is such a thing as a ‘pasta dictionary’! Obviously spaghetti hasn’t got a hole in the middle, macaroni is too short and penne are too fat and short. So, having done some research, what about bucatini, or possibly tubini or maybe even perciatelli? Would any of these work as a drinking straw? None of these are types of pasta that I’m familiar with. (And also you’ll notice also that my Italian pronunciation leaves a little to be desired!)

So, if there is anyone out there, with expertise in pasta, who could tell us which type of pasta would be most suitable as a drinking straw, we’d been really interested to hear from you! And let’s ‘do our bit’ for the environment.

Goodbye

Enough for now. Have a lovely day. Speak to you again soon. Goodbye.

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