

Task 1

Instructions:

1. Make clippings of news reports and magazine articles on how air pollution and water pollution can drastically affect people's health and the environment.
2. Discuss your findings with family members to get additional input from them. Be ready to prepare a written report on this.



Based on the clippings from news reports I saw and what I discuss with my family, air pollution and water pollution can drastically affect people's health and the environment, no doubt. Our physical and psychological wellbeing is affected differently by the kind of pollution we are exposed to. There are many organs and bodily functions that can be harmed.

Water pollution kills. In fact, it caused 1.8 million deaths in 2015, according to a study. Contaminated water can also make you ill. Every year, unsafe water sickens about 1 billion people. Disease-causing bacteria and viruses from human and animal waste are a major cause of illness from contaminated drinking water. Even swimming can pose a risk. In 2017, 2,495 leptospirosis cases were recorded in the Philippines nationwide, according to DOH estimates. Chemicals and heavy metals from industrial and municipal wastewater contaminate waterways as well. These contaminants are toxic to aquatic life—most often reducing an organism's life span and ability to reproduce. Marine ecosystems are also threatened by marine debris, which can strangle, suffocate, and starve animals. Much of this solid debris, such as plastic bags and bottles, gets swept into sewers and storm drains and eventually out to sea, turning our oceans into trash soup. Meanwhile, ocean acidification is making it tougher for coral reefs to survive. They absorb about a quarter of the carbon pollution created each year by burning fossil fuels which also contributes to air pollution.

Air pollution is now the biggest environmental risk for early death, responsible for as many as 5 million premature deaths each year from heart attacks, strokes, and respiratory diseases. Research suggests that long term exposure to some pollutants increases the risk of lung diseases more than smoking a pack of cigarettes a day. And recent studies show air

pollution can impact mental health, worker productivity and even stock market performance. To understand the best way to develop solutions, it's important to better understand this invisible threat. What we typically think of as "air pollution" is actually a mixture of small particles. Air pollution causes around seven million deaths a year worldwide. Growth of the population in cities, as well as the way in which we consume energy, result in the emission of huge quantities of gases that are harmful to our health. We should know how pollution affects us and which parts of our bodies are damaged by each kind of polluting particle. Living in a pollution-free environment signifies a better quality of life.

Task 2

Instructions:

1. Document any kind of improper waste disposal. Take pictures or videotape of the wrong practice as evidence.
2. List down ways of applying solid waste management as solution to these improper ways.



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| ● Sanitary Landfill | ● Reuse | ● Fermentation |
| ● Incineration Method | ● Reduce | ● Open Burning |
| ● Composting Process | ● Recycle | ● Pulverization |
| ● Ploughing into the fields | ● Plasma Gasification | ● Sea Dumping |
| ● Hog Feeding | ● Controlled Dumps | ● Pyrolysis |
| ● Salvage Procedure | ● Bioreactor Landfills | ● Biological Digestion |

Please note that some of the said methods above are not eco-friendly.

Task 3

Instructions:

1. Observe your home environment.
2. List down good ways manifested in your home aligned with reducing greenhouse

- Use renewable energy
- Purchase solar panels
- Use energy-saving light bulbs
- Install solar lights
- Line-dry clothes
- Use Less Hot Water
- Plant a native garden
- Use non-toxic household products
- Use Less Heat and Air Conditioning
- Reduce, reuse, recycle
- Use water efficiently
- Drive Less and Drive Smart
- Buy Energy-Efficient Products
- Use the "Off" Switch
- Eating a Plant-Based diet
- Get your family involved
- Spread the word
- Encourage Others to Conserve