

สนุกกับภาษา

Reading for Understanding (2)



SUSTAINABLE DEVELOPMENT GOALS



11 SUSTAINABLE CITIES AND COMMUNITIES



Bike, walk or use public transportations to keep our cities' air clean.

Goal 11: Sustainable Cities and Communities



SUSTAINABLE DEVELOPMENT GOALS



12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Recycle paper, plastic, glass & aluminium.

Goal 12: Responsible Consumption and Production



SUSTAINABLE DEVELOPMENT GOALS



13 CLIMATE ACTION



Educate young people on climate change to put them on a sustainable path early on.

Goal 13: Climate Action

Reading for Understanding (2)

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ENGLISH CHANGE LANGUAGE

LEARNING ENGLISH

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6 Minute English

INTERMEDIATE LEVEL

How can I help the environment?

EPISODE 190829 / 29 AUG 2019



ingenglish.com


Takeaways

- Download PDF
- Download Audio

Podcast

- 6 Minute English

Learn electric idioms with Johnny!



- *How can I help the environment? What can I do to be more environmentally friendly? What can we do to make a difference?*
- Sam and Neil discuss the small practical changes you can make to help the environment and teach you 6 items of useful English vocabulary in this **6 Minute English**.
- <http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-190829>

- Well it's just one of the problems we are facing with our use of plastics. A **marvellous** invention that has given us so much. But we are beginning to realise it's causing many long-lasting environmental problems. More on this topic shortly, but first, a question: Plastic has many natural variations but **where was the first artificial plastic developed?** Was it:

- a) **England**
- b) **Germany or**
- c) **Switzerland?**

Reading for Understanding (2)

- **Environmental issues** are, of course, a big story at the moment. The topic **was featured** on the BBC Woman's Hour radio programme recently. Madeleine Murray is from an Irish organisation that gives advice to businesses and communities on how to operate in an **environmentally responsible** way.

Reading for Understanding (2)

- So she buys in **bulk**. **Buying in bulk means ‘buying a lot of something’**. And if you have a lot of something like rice or pasta, you can always transfer it to different smaller reusable containers. She uses the word **decant** for this.
- <http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-190829>

Reading for Understanding (2)

- So that's one area where we can all be a bit more environmentally friendly. Another area is reusing things that are perfectly good but which we don't need any more.
- <http://www.bbc.co.uk/learningenglish/english/features/6-minute-english/ep-190829>

- **Pass things on.** The **hand-me-down, pass-thing-on** culture is really, really important in the world of kids and there are lots of things that can be passed down, whether it's toys or the equipment, or the high chair, whatever it is, all of that can be **passed on** and that's really important. It's saving someone else money. Most of these things are **in good nick** when we need to **pass them on**.

Reading for Understanding (2)



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Novel coronavirus outbreak

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WHO, China leaders discuss next steps in battle against coronavirus outbreak

28 January 2020 | News release | Beijing

The Director-General of the World Health Organization (WHO), Dr Tedros Adhanom Ghebreyesus, today met President Xi Jinping of the People's Republic of China in Beijing. They shared the latest information on the novel coronavirus 2019 (2019-nCoV) outbreak and reiterated their commitment to bring it under control.

Dr Tedros was joined by WHO Regional Director Dr Takeshi Kasai and Executive Director of the WHO Health Emergencies Programme Dr Mike Ryan, and also met State Councilor and Minister of Foreign Affairs Wang Yi and Minister of Health Ma Xiaowei.

Reading for Understanding (2)

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AUDIO MENU

AS IT IS
3 hours ago

Number of Coronavirus Cases Passes SARS Outbreak


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- **Words in This Story**
 - **outbreak** - n. a sudden start or increase of disease
 - **transmission** - n. the act or process by which something is spread or passed from one person to another
-

- **Words in This Story**
 - **lock down** - phrasal verb - to make people stay in a place during an emergency in order to keep them safe
 - **evacuation** - n. the act or process of removing someone from a dangerous place
-

Reading for Understanding (2)

- The number of people **infected** with the new coronavirus in mainland China is now more than the number infected during the SARS **outbreak** in 2002 and 2003.
- <https://learningenglish.voanews.com/a/number-of-coronavirus-cases-passes-sars-outbreak/5265482.html?ltflags=mailer>

- The new coronavirus is part of a family of viruses that can cause the common cold as well as more serious illnesses, such as **SARS** and **MERS**. **SARS** is short for **Severe Acute Respiratory Syndrome**; **MERS** is short for **Middle East Respiratory Syndrome**.
- <https://learningenglish.voanews.com/a/number-of-coronavirus-cases-passes-sars-outbreak/5265482.html?ltflags=mailer>

Preventing the spread of virus

- Chinese officials have answered the **outbreak** with far-reaching disease control measures. Wuhan and 16 other cities have been **locked down**, trapping more than 50 million people.
- <https://learningenglish.voanews.com/a/number-of-coronavirus-cases-passes-sars-outbreak/5265482.html?ltflags=mailer>

Reading for Understanding (2)

- Foreign countries began removing their citizens from Wuhan on Wednesday. Special planes carrying American and Japanese citizens left the city, as other countries, including Australia, New Zealand and Britain, planned similar **evacuations**.

Reading for Understanding (2)



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Awareness raising to protect human health from climate change

Credits

Reading for Understanding (2)

Climate change and human health

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Other global environmental
change

Health, Environment and Climate Change coalition (HECC)



The heads of the World Health Organization (WHO), UN Environment and World Meteorological Organization (WMO)

Reading for Understanding (2)

- “If we want to achieve Health For All, we will need to keep health costs down and that means three things: **prevention, prevention, prevention,**” said Dr Tedros. “We must ensure people can breathe clean air, drink clean water, and eat nutritious food.”

Reading for Understanding (2)

- According to WHO figures, an estimated 7 million people die **prematurely** every year from air pollution related diseases, including strokes and heart disease, respiratory illness and cancer. **Air pollution in most major cities exceeds WHO air quality standards.**

Reduce your risk of **coronavirus** infection:



Clean hands with soap and water
or alcohol-based hand rub

Cover nose and mouth when coughing and
sneezing with tissue or flexed elbow



Avoid close contact with anyone with
cold or flu-like symptoms

Thoroughly cook meat and eggs



Avoid unprotected contact with live
wild or farm animals



World Health
Organization

Reading for Understanding (2)

- **What is a coronavirus?**
- **Coronaviruses are a large family of viruses that cause disease in mammals and birds.**

Coronaviruses can cause illnesses that range from the common cold to much more severe illnesses like Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

Reading for Understanding (2)

- Officials are calling the disease a “**novel**” or **new** coronavirus because it has not been found before in humans.
- <https://learningenglish.voanews.com/a/new-coronavirus-what-we-know/5264029.html?lflags=mailer>

Reading for Understanding (2)

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AUDIO MENU

AS IT IS
3 hours ago

WHO Declares Coronavirus Outbreak a Global Emergency

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Reading for Understanding (2)

Bangkok Post



WORLD

Global emergency UPDATE

The World Health Organization declared on Thursday that the coronavirus epidemic in China now constitutes a public health emergency of international concern.

07:08  5

Reading for Understanding (2)

How to Integrate Meditation into Your Busy Life

Creating space for mindfulness despite your schedule.

Jan 27, 2020

199
VIEWS



Tags: Meditation, Mindfulness, Wellness



Reading for Understanding (2)

- In a fast-paced modern world, the day never seems to stop. How can you find the time for **wellness-boosting meditation** with busy work schedules, social events, and nonstop distractions from technology?
- <https://www.goodnet.org/articles/how-to-integrate-meditation-into-your-busy-life>

Reading for Understanding (2)

- **But as the Zen proverb goes: “You should sit in meditation for twenty minutes every day - unless you’re too busy; then you should sit for an hour.” It’s totally worthwhile to make the time to meditate during the day.**
- **<https://www.goodnet.org/articles/how-to-integrate-meditation-into-your-busy-life>**

Reading for Understanding (2)

- **Start the day with a short morning meditation**
 - **Meditate throughout the day with mindful walking**
 - **Practice mindful eating**
-

Reading for Understanding (2)

- **End the day with a short breathing meditation**

Studies have shown that practicing meditation will even help you sleep better and decrease insomnia.

- <https://www.goodnet.org/articles/how-to-integrate-meditation-into-your-busy-life>

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