

2. Complete the text with the sentences below.

- a) How did I go from zero plastic to zero waste?
- b) Of course, this transition didn't happen overnight.
- c) Quitting plastic meant learning to make all of my packaged products myself.

3. Answer the questions about the text.

- a) How did Lauren react when she saw one of her classmates brought a lot of packaged products?

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- b) What made her decide to remove packaged products from her life?

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- c) Write three things she stopped doing after changing her lifestyle.

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