

Task 1: Household plastic consumption checklist

Fill in the observation sheet to note your household plastic consumption pattern (over a period of a week)

Date of purchase	Type of items purchased			
	Food and Drinks	Toys/Games	Stationery	Others
11/11/19 (for example)	Packet of cookies	Blocks (Plastic)	Ball-point pen	Disposable razors
	Bottled water – plastic bottle	Laminated board games with plastic dice	Pencil box	Photo frames

Task 2: Reflection and Action Worksheet - Think about the following

Refer to Task 1, think about the different plastic products mentioned in the table below and fill in with appropriate actions that you can take

Product or does it have to be disposed of?	Can the packaging/product be used again	If disposed, how?	Could I do without this? Yes/No	Is there a better alternative? Mention it
Bottled water – plastic bottle	Disposed	Separately from biodegradable waste	Yes	Install a water purifier