

## Recitation E

### Plastic in Our Water

You must have heard it said that our planet is sick; that the coral reefs are dying, the sea levels are rising, and the ice is melting at the poles. These are terrible environmental problems, and I'm sure most of us don't know what we can do to help. But there's an environmental issue that we can do something about. Can you guess what it is? We can all do at least something to reduce the amount of plastic in the water.

There's plastic in almost everything we use: grocery bags, PET bottles, and even those chairs you are sitting on right now. Over 38 billion plastic water bottles are thrown away every year, and about 10 % of all the plastic we use ends up in the oceans. It kills fish, whales, and seabirds, and it ends up in the food we eat. Today, I want to tell you how we can reduce the amount of plastic in our seas and in our food.

First, everyone needs to reduce the amount of plastic they use. Stop buying bottled water and carry a reusable bottle instead. When it's empty, fill it from the nearest water tap in your school. Also, you don't need a straw in your drink! It's wasteful. Instead, just drink directly from a real glass, not a plastic cup. Next, never get a plastic grocery bag when you're at the supermarket. Take reusable cloth bags to carry home your food. Finally, always try to follow the 3Rs of Reduce, Reuse, and Recycle.

Our planet has many environmental problems but we can all do something to reduce the plastic in our water and in our food. Come on, let's start today! If we use less plastic in our lives, we can really help to protect our environment and our children's environment.

(303 words)