

ACTIVITY 6

MY PLASTIC DIARY



Your name

Over the next week, keep a ‘plastic diary’, recording how much single-use plastic you use.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Add up your totals here
Plastic bags								
Plastic bottles								
Plastic drinking straws								
Plastic food wrappers and packets								
Yoghurt pots and other food containers								

What other plastic items have you used this week?

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