



Región de Murcia

Consejería de Educación y Cultura
Dirección General de Innovación Educativa
y Atención a la Diversidad

ESCUELAS OFICIALES DE IDIOMAS DE LA REGIÓN DE MURCIA

**PRUEBA ESPECÍFICA
DE CERTIFICACIÓN**

**NIVEL B2
CONVOCATORIA
SEPTIEMBRE 2020**

**COMPRESION DE
TEXTOS ESCRITOS**

APELLIDOS: _____

NOMBRE: _____ **DNI:** _____

PUNTUACIÓN: ____ / **26**

APTO ☐ **NO APTO** ☐

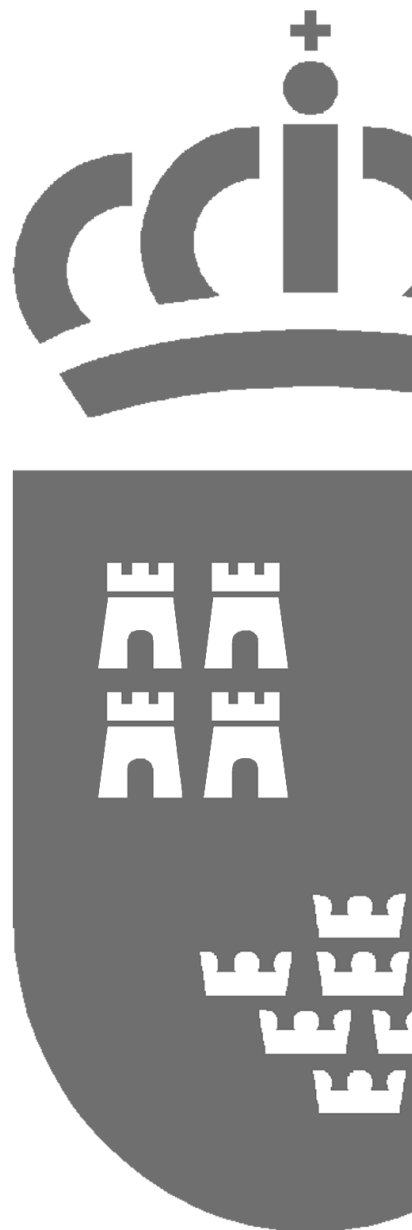
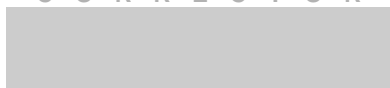
TAREAS: La prueba de Comprensión de Textos Escritos consta de TRES textos y TRES tareas.

DURACIÓN TOTAL: 75 minutos

INDICACIONES:

- Las tareas se desarrollarán en los espacios indicados.
- No escribir en las zonas sombreadas
- Emplear tinta permanente azul o negra. No usar lápiz.
- Corregir tachando el texto. No usar correctores líquidos o cintas.
- Puntuación total: **26 puntos**. "**Apto**" ≥ 13

C O R R E C T O R



**B2
INGLÉS**

COMPRESIÓN DE TEXTOS ESCRITOS

TASK 1 ▷ Read TEXT 1 “Service Dogs, Working Dogs, Therapy Dogs, Emotional Support Dogs: what’s the difference?”. Decide which SIX of the statements below are TRUE, according to the text. Write your answers in the grid provided below, as shown in example 0.

6 points



STATEMENTS:

0. (EXAMPLE) The tasks and skills of every kind of dog assisting humans are clearly specified. ✓

1. Every service dog learns to work on a wide range of tasks to cover different kinds of disabilities.
2. All kinds of service dogs follow an individual training programme according to their owners’ particular needs.
3. Service dogs also perform their work for people with no disabilities.
4. Working dogs often collaborate with humans in unsafe situations.
5. Most working dogs usually base their successful performance on their extraordinary canine olfactory skills.
6. Therapy dogs may carry out their work in different high-risk situations.
7. Just like service dogs, therapy dogs live with the person they take care of.
8. Therapy dogs normally work together with their handlers in certain public places.
9. Both therapy and working dogs must be of peaceful character.
10. Therapy dogs must be specially loving and caring to work for different kinds of people.
11. A specialist doctor’s prescription is necessary to be assisted by an ESA.
12. Therapy and working dogs need to get along with people in different stressful situations.
13. According to the text, all four types of dogs can assist people with different psychiatric issues.

(Ex.) 0							SCORE: ___ / 6
✓							

TASK 2 ▷ Read TEXT 2 “The 10 weirdest jobs in the world”. Choose the line from the list below that best completes each gap. Write your final answers in the grid provided below, as shown in example 0.

NOTE: There are TWO extra lines that you DO NOT need to use

10 points



A. (EXAMPLE) But believe it or not ✓

- B. They do this to test for flavor and texture
- C. If the fact that there's an underwater hotel in Florida isn't bizarre enough
- D. Unlike for many other jobs, to work here you need to be an expert diver
- E. And watching for changes in color and texture
- F. Well for one lucky employee this dream has become reality
- G. And writes a review about her satisfaction with each one
- H. Weep loudly throughout the service
- I. In the 30 years he has been working there
- J. No homeowner wants a house that smells of fish
- K. Let's hope those products are doing the trick
- L. Not for the light-hearted
- M. 'Oshiyas' are hired to help cram as many people as possible

0	1	2	3	4	5	6	7	8	9	10	SCORE: ___ / 10
A											
✓											

TASK 3 ▶ Read TEXT 3 “*These five things can reduce your carbon footprint without changing your lifestyle*”. For items 1-10, choose the best option (A, B, C or D). Write your final answers in the grid provided below, as shown in example 0.

10 points



EXAMPLE:

0.	A. droughts	B. emissions ✓	C. fuels	D. fumes
1.	A. a mistake	B. progress	C. a mess	D. a difference
2.	A. Implementing	B. Innovating	C. Moving away from	D. Taking over
3.	A. Even better	B. Hopefully	C. However	D. Nevertheless
4.	A. can't	B. had better	C. mustn't	D. need to
5.	A. budget	B. effort	C. inversion	D. investment
6.	A. compulsory	B. important	C. obligatory	D. mandatory
7.	A. at least	B. even	C. not only	D. simply
8.	A. Alternatively	B. At the same time	C. Meanwhile	D. In spite of this
9.	A. Because	B. Unless	C. When	D. While
10.	A. getting around	B. switching to	C. turning on	D. turning over

0	1	2	3	4	5	6	7	8	9	10	SCORE: ____ / 10
B											
✓											

TEXT 1: Service Dogs, Working Dogs, Therapy Dogs, Emotional Support Dogs: what's the difference?

Dogs have been aiding and working with humans since ancient times, in everything from farming to hunting to protection and more. Service dogs, working dogs, therapy dogs, and emotional support animals all fulfill important roles in their aid to humans, but the terms are not interchangeable. Each recognition is specifically defined.

A. What do Service Dogs do?

As defined by the Americans with Disabilities Act (ADA), service dogs are individually trained to perform specific tasks and to work with people with disabilities. The work of the service dog must be directly related to the handler's disability. These are just some of the things a service dog can do:

- Guide dogs help blind people navigate in the world.
- Hearing (or signal) dogs alert deaf people to sounds, such as a knock on the door or a person entering the room.
- Psychiatric dogs are trained to detect and lessen the effects of a psychiatric episode.
- Service dogs help those in wheelchairs or who are otherwise physically limited.

B. What is a Working Dog?

A working dog is a purpose-trained canine that learns and performs tasks to assist its human companions. Detection, herding, hunting, search and rescue, police, and military dogs are all examples of working dogs. Working dogs often rely on their excellent senses of smell to help out where humans fall short. Just a few of the jobs performed by working dogs include:

- Search and rescue. From missing persons cases to natural disasters, dogs have been an integral part in finding people in dire situations. Search and rescue (SAR) dogs can either use a scent in the air or the scent of a specific object to find who they're looking for.
- Explosives detection. These canine heroes work with the police, Transportation Security Administration (TSA), and military to locate dangerous materials.
- Cancer detection. Believe it or not, scientists were able to train Labrador Retrievers to sniff out cancer in patients' breath by smelling samples and sitting down in front of the one that was cancerous.

C. What is a Therapy Dog?

Therapy dogs aren't trained to live with just a specific handler. Rather, these are dogs that — with their human teammate (often the dog's owner) — volunteer in clinical settings, such as hospitals, mental health institutions, hospices, schools, and nursing homes, where they provide comfort, affection, and even love in the course of their work. Therapy dogs are trained to be comfortable in new environments and to interact with different people. They should have a calm temperament and love people.

D. What do Emotional Support Animals (ESAs) do?

Emotional support dogs are not considered service dogs. They may be trained for a specific owner, but they are not trained for specific tasks or duties to aid a person with a disability, and this is the main difference between ESAs and service dogs. This doesn't minimize the support these dogs provide for people with a psychological disorder. They're considered companion animals and ease anxiety, depression, phobias, and loneliness. In order to be considered an emotional support dog, it must be prescribed by a mental health professional for a patient with a diagnosed psychological or emotional disorder, such as anxiety disorder, major depression, or panic attacks.

Source: Adapted from <https://www.akc.org>

TEXT 2: The 10 weirdest jobs in the world

Feeling a bit bored with your job and fancy a change? Why not try one of these jobs out? They're probably not to everyone's taste, (EXAMPLE) – 0 –, these are actually real jobs done by real people. Here are the top 10 weirdest jobs in the world in the world:

Professional sleeper:

A hotel in Finland hired a member of staff as a 'professional sleeper' to test the comfort of their beds. The individual sleeps in a different one of the hotel beds each night – 1 –.

Drying paint watcher:

No, this isn't a joke. Someone actually earns a living watching paint dry. A man in the UK currently has the job and he spends his days painting sheets of cardboard to test how long new paint mixes take to dry – 2 –.

Full-time Netflix viewer:

Imagine being paid to watch TV all day! – 3 –. Netflix has hired someone to watch all of their content before it is available to the public and their role is to review and assign each program its correct tag, which helps us viewers find exactly what we're after, whether it's a romantic crime movie based on classic literature or witty talking-animal TV show.

Train Pusher:

If you think the London Underground is bad, you should see the trains in Japan. – 4 – by pushing them from the outside until the doors will close.

Professional Mourner:

It is a tradition in South East Asia that a loud funeral will assist the dead as they travel to the afterlife, so professional mourners are hired to cry and – 5 –.

Snake Milker:

– 6 –. The job of a snake milker is to collect the venom of poisonous snakes in jars for use in anti-venoms and other medication. Thank god someone's brave enough!

Dog food taster:

The dog food tester's job is to taste new dog food products, including bones, tinned meat, and biscuits. – 7 – in comparison to rival dog food brands and human food. Hmm...tasty?

Odour Judge:

In order to test the effectiveness of new products, 'odour judges' are hired to smell volunteers' breath, feet and armpits. They make sure their judgment is accurate, the members of staff have their sense of smell tested monthly. – 8 –, for the judges' sake!

Marmite¹ Taster:

They say you love it or hate it and in the case of St John Skelton, he really takes his appreciation for it to another level. As part of a team of marmite tasters, he is responsible for checking each batch of Marmite is the correct texture, consistency and flavour. – 9 –, he has eaten around 3,000 jars of the stuff!

Scuba Diving Pizza Delivery Man:

– 10 –, to add on to that, they have a scuba diving pizza delivery man who supplies them with pizza by carrying them through the sea in a watertight case. What service.

Do you do an unusual job? We'd love to hear about it, so let us know!

¹ Marmite®: a yeast and vegetable extract used as a spread, flavouring, etc.

Source: Adapted from <https://theundercoverrecruiter.com>

TEXT 3: These five things can reduce your carbon footprint without changing your lifestyle

Reducing your carbon (EXAMPLE) – 0 – is one of the most important things you can do. You're helping tackle climate change and are actively making – 1 – to the environment - working to preserve the world for future generations.

The best bit? You don't need to make any drastic changes to your day-to-day life to do this. In fact, there are five simple things you can do to make a big impact with little effort:

Step 1: Change your energy supplier

– 2 – fossil fuels is an absolute necessity when trying to reduce your CO2 emissions. It takes just 5 minutes to start the process of switching to a 100% renewable electricity and Green Gas tariff - a super simple change that can cut your carbon footprint in half! – 3 –, once being supplied by 100% renewable electricity the running of every electrical gadget and appliance in your home or business will be carbon neutral.

Step 2: Insulate your home

You'd be surprised by how much difference good insulation can make to your home. Houses that aren't well insulated – 4 – use more energy to keep warm. Not only does this cost you more money, it also creates a much larger carbon footprint – especially if you aren't on a renewable tariff! While the initial insulation may require a bit of – 5 –, it will pay off in the long run with lower bills, a more efficient home and a smaller carbon footprint.

Step 3: Consider your purchase

Chances are you do some research when buying big ticket items. Taking this same care to purchase ethical and sustainable every day products is just as – 6 –. Buying your cheese from Wyke Farms for example, doesn't just provide you with an award-winning Cheddar but one that is made in a sustainable way, with renewable electricity and careful waste management. Extending this level of research across your regular, everyday purchases could drastically reduce your carbon footprint and help you vote for a sustainable future with the most important tool you have available – your money.

Step 4: Buy local products

A large amount of a food product's carbon footprint comes from transport – for example, lamb from New Zealand will literally have travelled halfway across the world to be on your plate. Purchasing local products – 7 – reduces your carbon footprint, it also helps to support your local economy. Once you start noticing where your products are coming from, you might be surprised at how well-travelled your food is. Why not make a game of seeing just how local your meals can be?

Step 5: Consider your transport

If you could walk somewhere that you were going to drive, then get those feet a-moving! Simply reducing the amount of driving you do will have a huge impact on your carbon footprint. While this might be a bit more difficult than the other methods mentioned, it's an extremely effective way of reducing your carbon footprint. When you need to drive somewhere, think about how many people are in the car and try to car share wherever possible. – 8 –, you could always take public transport or hop on your bike for shorter journeys.

Less carbon, little fuss

By taking the time to do a little bit of research and actively following the points above, you could take huge chunks out of your carbon footprint with minimum interruption to your daily life. – 9 – it may not always be cheaper, it will always be the better thing to do from an ethical and sustainable perspective and that's what we believe matters most.

Take the first step towards a low carbon future by – 10 – Good Energy today.

Source: <https://www.goodenergy.co.uk>

**INGLÉS
NIVEL B2**

**COMPRENSIÓN DE
TEXTOS ESCRITOS
Y
MEDIACIÓN ESCRITA**

**CONVOCATORIA
SEPTIEMBRE 2020**

(CORRECTOR)

COMPRENSIÓN DE TEXTOS ESCRITOS

TASK 1: DOGS

(Ex.) 0	2	4	5	8	10	11	SCORE: ____ / 6
✓							

TASK 2: THE 10 WEIRDEST JOBS IN THE WORLD

0	1	2	3	4	5	6	7	8	9	10	SCORE: ____ / 10
A	G	E	F	M	H	L	B	K	I	C	
✓											

TASK 3. THESE FIVE THINGS CAN REDUCE YOUR CARBON FOOTPRINT WITHOUT CHANGING YOUR LIFESTYLE

0	1	2	3	4	5	6	7	8	9	10	SCORE: ____ / 10
B	D	C	A	D	D	B	C	A	D	B	
✓											

MEDIACIÓN ESCRITA

RESPUESTA DE EJEMPLO:

Hello Alice,

This article is about an incident that happened in a theatre in Zaragoza, when the play *Cinco horas con Mario* was being played by the actress Lola Herrera.

She had been acting for half an hour when a mobile phone rang. It kept on ringing for a while, which made the actress get so annoyed that she left the stage. The audience was really confused, but finally the actress came back to the stage and went on with her performance. She apologized and said that these disrespectful noises happen too frequently.

I hope it helps you understand it.

Bye!

TASK 1 ▷ Read TEXT 1 “Service Dogs, Working Dogs, Therapy Dogs, Emotional Support Dogs: what’s the difference?”. Decide which SIX of the statements below are TRUE, according to the text. Write your answers in the grid provided below, as shown in example 0.

6 points



STATEMENTS:

0. (EXAMPLE) The tasks and skills of every kind of dog assisting humans are clearly specified. ✓

1. Every service dog learns to work on a wide range of tasks to cover different kinds of disabilities.
2. All kinds of service dogs follow an individual training programme according to their owners' particular needs.
3. Service dogs also perform their work for people with no disabilities.
4. Working dogs often collaborate with humans in unsafe situations.
5. Most working dogs usually base their successful performance on their extraordinary canine olfactory skills.
6. Therapy dogs may carry out their work in different high-risk situations.
7. Just like service dogs, therapy dogs live with the person they take care of.
8. Therapy dogs normally work together with their handlers in certain public places.
9. Both therapy and working dogs must be of peaceful character.
10. Therapy dogs must be specially loving and caring to work for different kinds of people.
11. A specialist doctor's prescription is necessary to be assisted by an ESA.
12. Therapy and working dogs need to get along with people in different stressful situations.
13. According to the text, all four types of dogs can assist people with different psychiatric issues.

(Ex.) 0	2	4	5	8	10	11	SCORE: ___ / 6
✓							

TEXT 1: Service Dogs, Working Dogs, Therapy Dogs, Emotional Support Dogs: what's the difference?

Dogs have been aiding and working with humans since ancient times, in everything from farming to hunting to protection and more. **(Example 0)** Service dogs, working dogs, therapy dogs, and emotional support animals all fulfill important roles in their aid to humans, but the terms are not interchangeable. Each recognition is specifically defined.

A. What do Service Dogs do?

As defined by the Americans with Disabilities Act (ADA), **2.** service dogs are individually trained to perform specific tasks and to work with people with disabilities. The work of the service dog must be directly related to the handler's disability. These are just some of the things a service dog can do:

- Guide dogs help blind people navigate in the world.
- Hearing (or signal) dogs alert deaf people to sounds, such as a knock on the door or a person entering the room.
- Psychiatric dogs are trained to detect and lessen the effects of a psychiatric episode.
- Service dogs help those in wheelchairs or who are otherwise physically limited.

B. What is a Working Dog?

4. A working dog is a purpose-trained canine that learns and performs tasks to assist its human companions. Detection, herding, hunting, search and rescue, police, and military dogs are all examples of working dogs. **5.** Working dogs often rely on their excellent senses of smell to help out where humans fall short. Just a few of the jobs performed by working dogs include:

- Search and rescue. From missing persons cases to natural disasters, dogs have been an integral part in finding people in dire situations. Search and rescue (SAR) dogs can either use a scent in the air or the scent of a specific object to find who they're looking for.
- Explosives detection. These canine heroes work with the police, Transportation Security Administration (TSA), and military to locate dangerous materials.
- Cancer detection. Believe it or not, scientists were able to train Labrador Retrievers to sniff out cancer in patients' breath by smelling samples and sitting down in front of the one that was cancerous.

C. What is a Therapy Dog?

Therapy dogs aren't trained to live with just a specific handler. Rather, **8.** these are dogs that — with their human teammate (often the dog's owner) — volunteer in clinical settings, such as hospitals, mental health institutions, hospices, schools, and nursing homes, where **10.** they provide comfort, affection, and even love in the course of their work. Therapy dogs are trained to be comfortable in new environments and to interact with different people. They should have a calm temperament and love people.

D. What do Emotional Support Animals (ESAs) do?

Emotional support dogs are not considered service dogs. They may be trained for a specific owner, but they are not trained for specific tasks or duties to aid a person with a disability, and this is the main difference between ESAs and service dogs. This doesn't minimize the support these dogs provide for people with a psychological disorder. They're considered companion animals and ease anxiety, depression, phobias, and loneliness. **11.** In order to be considered an emotional support dog, it must be prescribed by a mental health professional for a patient with a diagnosed psychological or emotional disorder, such as anxiety disorder, major depression, or panic attacks.

Source: Adapted from <https://www.akc.org/expert-advice/lifestyle/service-working-therapy-emotional-support-dogs/>

TASK 2 ▷ Read TEXT 2 “The 10 weirdest jobs in the world”. Choose the line from the list below that best completes each gap. Write your final answers in the grid provided below, as shown in example 0.

NOTE: There are TWO extra lines that you DO NOT need to use

10 points



A. (EXAMPLE) But believe it or not ✓

- B. They do this to test for flavor and texture
- C. If the fact that there’s an underwater hotel in Florida isn’t bizarre enough
- D. Unlike for many other jobs, to work here you need to be an expert diver (DISTRACTOR)
- E. And watching for changes in color and texture
- F. Well for one lucky employee this dream has become reality
- G. And writes a review about her satisfaction with each one
- H. Weep loudly throughout the service
- I. In the 30 years he has been working there
- J. No homeowner wants a house that smells of fish (DISTRACTOR)
- K. Let’s hope those products are doing the trick
- L. Not for the light-hearted
- M. ‘Oshiyas’ are hired to help cram as many people as possible

0	1	2	3	4	5	6	7	8	9	10	SCORE: ___ / 10
A	G	E	F	M	H	L	B	K	I	C	
✓											

TEXT 2: The 10 weirdest jobs in the world

Feeling a bit bored with your job and fancy a change? Why not try one of these jobs out? They're probably not to everyone's taste, – 0A (EXAMPLE) – but believe it or not, these are actually real jobs done by real people. Here are the top 10 weirdest jobs in the world:

Professional sleeper:

A hotel in Finland hired a member of staff as a 'professional sleeper' to test the comfort of their beds. The individual sleeps in a different one of the hotel beds each night – 1G – and writes a review about her satisfaction with each one.

Drying paint watcher:

No, this isn't a joke. Someone actually earns a living watching paint dry. A man in the UK currently has the job and he spends his days painting sheets of cardboard to test how long new paint mixes take to dry – 2E – and watching for changes in color and texture.

Full-time Netflix viewer:

Imagine being paid to watch TV all day! – 3F – Well for one lucky employee this dream has become reality. Netflix has hired someone to watch all of their content before it is available to the public and their role is to review and assign each program its correct tag, which helps us viewers find exactly what we're after, whether it's a romantic crime movie based on classic literature or witty talking-animal TV show.

Train Pusher:

If you think the London Underground is bad, you should see the trains in Japan. – 4M – 'Oshiyas' are hired to help cram as many people as possible by pushing them from the outside until the doors will close.

Professional Mourner:

It is a tradition in South East Asia that a loud funeral will assist the dead as they travel to the afterlife, so professional mourners are hired to cry and – 5H – weep loudly throughout the service.

Snake Milker:

– 6L – Not for the light-hearted. The job of a snake milker is to collect the venom of poisonous snakes in jars for use in anti-venoms and other medication. Thank god someone's brave enough!

Dog food taster:

The dog food tester's job is to taste new dog food products, including bones, tinned meat, and biscuits. – 7B – They do this to test for flavour and texture in comparison to rival dog food brands and human food. Hmm...tasty?

Odour Judge:

In order to test the effectiveness of new products, 'odour judges' are hired to smell volunteers' breath, feet and armpits. They make sure their judgment is accurate, the members of staff have their sense of smell tested monthly. – 8K – Let's hope those products are doing the trick, for the judges' sake!

Marmite¹ Taster:

They say you love it or hate it and in the case of St John Skelton, he really takes his appreciation for it to another level. As part of a team of marmite tasters, he is responsible for checking each batch of Marmite is the correct texture, consistency and flavour. – 9I – In the 30 years he has been working there, he has eaten around 3,000 jars of the stuff!

Scuba Diving Pizza Delivery Man:

– 10C – If the fact that there's an underwater hotel in Florida isn't bizarre enough, to add on to that, they have a scuba diving pizza delivery man who supplies them with pizza by carrying them through the sea in a watertight case. What service.

Do you do an unusual job? We'd love to hear about it, so let us know!

¹ Marmite®: a yeast and vegetable extract used as a spread, flavouring, etc

TASK 3 ▶ Read TEXT 3 “*These five things can reduce your carbon footprint without changing your lifestyle*”. For items 1-10, choose the best option (A, B, C or D). Write your final answers in the grid provided below, as shown in example 0.

10 points



EXAMPLE:

0.	A. droughts	B. emissions ✓	C. fuels	D. fumes
1.	A. a mistake	B. progress	C. a mess	D. a difference
2.	A. Implementing	B. Innovating	C. Moving away from	D. Taking over
3.	A. Even better	B. Hopefully	C. However	D. Nevertheless
4.	A. can't	B. had better	C. mustn't	D. need to
5.	A. budget	B. effort	C. inversion	D. investment
6.	A. compulsory	B. important	C. obligatory	D. mandatory
7.	A. at least	B. even	C. not only	D. simply
8.	A. Alternatively	B. At the same time	C. Meanwhile	D. In spite of this
9.	A. Because	B. Unless	C. When	D. While
10.	A. getting around	B. switching to	C. turning on	D. turning over

0	1	2	3	4	5	6	7	8	9	10	SCORE: ____ / 10
B	D	C	A	D	D	B	C	A	D	B	
✓											

TEXT 3: These five things can reduce your carbon footprint without changing your lifestyle.

Reducing your carbon **- 0 B - (EXAMPLE) emissions** is one of the most important things you can do. You're helping tackle climate change and are actively making **- 1 D - a difference** to the environment - working to preserve the world for future generations.

The best bit? You don't need to make any drastic changes to your day-to-day life to do this. In fact, there are five simple things you can do to make a big impact with little effort:

Step 1: Change your energy supplier

- 2 C - Moving away from fossil fuels is an absolute necessity when trying to reduce your CO2 emissions.

It takes just 5 minutes to start the process of switching to a 100% renewable electricity and Green Gas tariff - a super simple change that can cut your carbon footprint in half!

- 3 A - Even better, once being supplied by 100% renewable electricity the running of every electrical gadget and appliance in your home or business will be carbon neutral.

Step 2: Insulate your home

You'd be surprised by how much difference good insulation can make to your home.

Houses that aren't well insulated **- 4 D - need to** use more energy to keep warm. Not only does this cost you more money, it also creates a much larger carbon footprint - especially if you aren't on a renewable tariff!

While the initial insulation may require a bit of **- 5 D - investment**, it will pay off in the long run with lower bills, a more efficient home and a smaller carbon footprint.

Step 3: Consider your purchase

Chances are you do some research when buying big ticket items. Taking this same care to purchase ethical and sustainable every day products is just as **- 6 B - important**.

Buying your cheese from Wyke Farms for example, doesn't just provide you with an award-winning Cheddar but one that is made in a sustainable way, with renewable electricity and careful waste management.

Extending this level of research across your regular, everyday purchases could drastically reduce your carbon footprint and help you vote for a sustainable future with the most important tool you have available - your money.

Step 4: Buy local products

A large amount of a food product's carbon footprint comes from transport - for example, lamb from New Zealand will literally have travelled halfway across the world to be on your plate.

Purchasing local products **- 7 C - not only** reduces your carbon footprint, it also helps to support your local economy. Once you start noticing where your products are coming from, you might be surprised at how well-travelled your food is. Why not make a game of seeing just how local your meals can be?

Step 5: Consider your transport

If you could walk somewhere that you were going to drive, then get those feet a-moving! Simply reducing the amount of driving you do will have a huge impact on your carbon footprint.

While this might be a bit more difficult than the other methods mentioned, it's an extremely effective way of reducing your carbon footprint.

When you need to drive somewhere, think about how many people are in the car and try to car share wherever possible. **- 8 A - Alternatively**, you could always take public transport or hop on your bike for shorter journeys.

Less carbon, little fuss

By taking the time to do a little bit of research and actively following the points above, you could take huge chunks out of your carbon footprint with minimum interruption to your daily life. **- 9 D - While** it may not always be cheaper, it will always be the better thing to do from an ethical and sustainable perspective and that's what we believe matters most.

Take the first step towards a low carbon future by **- 10 B - switching to** Good Energy today.

Source: <https://www.goodenergy.co.uk/blog/2017/05/12/5-ways-to-reduce-carbon-footprint/>