



10 Minutes For The Planet Green-up with some DIY – part 1 ©

by Valentine Rinner

Vocabulary & pronunciation study by Laurent Dufour ©

Words are explained alongside the text

Stressed syllables are underlined and in bold*

Hello everyone and welcome to this week's **episode** of 10 minutes for the Planet. This is the first episode of a **series** of **DIY** everyday-solutions to **green-up** your **lifestyle**. Our topic today is about plastic and food.

A huge proportion of the food we buy, **store** and carry with us is **covered** in plastic. This **creates** a lot of **waste** and on top of that the vast **majority** of food-related plastics - **including** **cling film** and **BPA-free containers** - can in fact be quite toxic as they are full of the now **familiar endocrine disruptors**. These **chemicals** can be found everywhere in **industrial processes** despite their known **negative effect** on health. They are mostly **estrogen**-type disruptors meaning that our body **recognises** these chemicals as being the estrogen **hormone**. Disruptions in our estrogen **levels** can lead to **fatigue** and **mood swings** and also depression, **infertility**, **cancers** and **auto-immune** diseases.

When our food or drink touches those toxic plastics, the chemicals get **released** into our food. The home-made **organic** sandwich now becomes **contaminated**... **fortunately** some great **alternatives** are already out there. A few examples are: **leak proof** glass containers, **silicone lids**, **stainless steel** containers and **reusable beeswax** wraps.

Beeswax wrap is a simple reusable alternative to plastic wraps and sandwich bags. It's **perfect** for wrapping sandwiches, snacks, fruits and **vegetables**, bread and **left-over** bowls of any type of food. After using it just clean it with soap and cold water.

You can easily find ready-made beeswax wraps online - **however** they can be **pricy**. The DIY version is much more

DIY = do-it-yourself

to green-up (phrasal vb.) to adopt environmentally friendly practices

to store (vb.) to save for later

waste (n.) refuse, rubbish

cling film (n.) plastic wrap

BPA = bisphenol A

disruptor (n.) thing that prevents something from continuing as expected

mood swings (n.) dramatic changes in emotion

organic (adj.) without chemicals

leak proof (adj.) not allowing the escape or entry of liquid or gas

lid (n.) top, cover

stainless steel (n.) rust-resistant metal

beeswax (n.) product of bees

left-over (adj.) remaining uneaten from a larger amount

pricy (adj.) too expensive

affordable and you can choose your own size and prints. All you need is some **cotton fabric**, **natural** beeswax, **parchment paper** and an **iron**. Beeswax can easily be found online or in bee-**product** stores. So last weekend after looking up a **bunch of different techniques**, I bought a few hundred grams of wax for a few **euros** and made my own. Here's how I did it.

I started off with some **colorful** thin but **tight** cotton fabric. I **arbitrarily** decided to cut 3 different square sizes: 18, 25 and 30 cm. It's better to use **pinking shears** if you have them (those that cut in small **zigzags**) to **prevent fraying** but it's not **obligatory**.

My beeswax was a **solid** block so I **grated** it. Next time I think I'll buy beads because grating the block was long and messy. I **protected** my **ironing board** with a large piece of fabric. I laid a piece of parchment paper and my first piece of cut fabric on top of it. I **sprinkled** my beeswax **shavings** across the **surface** of the fabric. I covered the whole thing with another piece of parchment paper and ironed all over it. The wax **melts immediately** and you can clearly see the darker parts where the wax has **soaked** into the fabric and where it hasn't so I added more wax on the parts that hadn't **absorbed** enough. Once the fabric was full of wax I quickly took it out of my **layers** of parchment and hung it up with 2 **clothes pegs** to let it set and **cool off** while I **repeated** the process with the next piece of fabric.

The beeswax smells quite strong so I aired it for a few days before wrapping my food with it this morning. I really enjoy how you can pretty much give it any shape you want, from wrapping up a bar of **chocolate** to covering a bowl of **salad** in the fridge. I also really like how colorful my lunch looks in its new wrapping!

Bye everyone and see you next week for a new episode of 10 minutes for the Planet.

*** Tip!** The following words contain silent letters:

ev(e)ryw(h)ere, fru(i)t, i(r)on, i(r)oning board,
(k)nown, (w)hole, (w)rap, (w)rapping

affordable (adj.) not expensive

fabric (n.) cloth, material

parchment paper (n.) waterproof and grease-resistant paper, used especially in cooking

iron (n.) pressing device

bunch of (n.) large number of

tight (adj.) not slack or loose

pinking shears (n.) special scissors with V-shaped teeth along the blades

to prevent (vb.) to stop something from happening

to fray (vb.) to cause the threads in cloth to become slightly separated

to grate (vb.) to make into small particles

ironing board (n.) board, usually on legs, with a suitable covering on which to iron clothes

to sprinkle (vb.) to scatter in particles

shavings (n.) slivers of sth

to melt (vb.) to become liquid by heat

to soak (vb.) to be absorbed

layer (n.) thin sheet of a substance

clothes peg (n.) clip for hanging laundry

to cool off (phrasal vb.) to become less hot