

# Discover Eco Homes

Building a sustainable future

## Before You Read

How we live significantly impacts the environment. Read these quotes from different people:

- "I don't want to drive anymore. I walk to work every day. It's good for me and the planet." — Layla, 28, teacher
- "I ride my bike to school. It doesn't use gas, and I feel healthy." — Jonas, 17, student
- "We use solar panels on our roof. They make electricity from the sun!" — Maria & Tom, 40s, parents
- "I recycle everything I can. It's easy to do, and it helps a lot." — David, 62, retired
- "We grow our own vegetables in the garden. They taste better, and we don't need to go to the shop as often." — Haim, 35, gardener

**Which quote do you like the most? Choose one:**

- ☐ Layla
- ☐ Jonas
- ☐ Maria & Tom
- ☐ David
- ☐ Haim

What do you do to help reduce your impact on the environment?

## What are Eco Homes?

Eco homes are houses that are good for the environment. They help us live in a way that doesn't hurt the Earth.

Eco homes use less energy. They use things like solar panels for electricity and special windows to keep the heat inside. They also use less water with water-saving toilets and showers.

These homes are often made with natural materials, like wood and straw. Natural materials are better for the Earth than things like plastic and concrete.

## Why are Eco Homes Important?

Eco homes help the environment in many ways:

- **Less pollution:** They use less energy, so there is less pollution in the air.
- **Less waste:** They use natural materials, which create less waste.
- **Save resources:** They save water and energy, so we have more for the future.

We should build more eco homes because they are good for the planet and good for us. They help us live healthier lives and protect the Earth for future generations.

## What's Inside an Eco Home?

- **Solar Panels:** Make electricity from the sun.
- **Special Windows:** Keep heat inside in winter and outside in summer.
- **Water-Saving Toilets:** Use less water when you flush.
- **Rainwater Collection:** Collect rainwater to use in the garden or for washing.
- **Natural Materials:** Wood, straw, and clay are used to build the house.
- **Good Insulation:** Keeps the house warm in winter and cool in summer.
- **Energy-Efficient Appliances:** Fridges, washing machines, and other appliances use less energy.
- **Green Roofs:** Roofs covered in plants that help keep the house cool and clean the air.

## How to Build an Eco Home (Simple Ideas)

Building a completely new eco home can be difficult and expensive, but you can make your current home more eco-friendly. Here are some easy ideas:

- **Add Solar Panels:** If possible, add solar panels to your roof.
- **Change Light Bulbs:** Use LED light bulbs. They use less energy.
- **Insulate Your Home:** Add insulation to your walls and roof to keep heat inside.
- **Save Water:** Take shorter showers and fix leaky taps.

## Test Your Knowledge

Choose the best answer for each question:

1. What are eco homes?
  - a) Houses that use a lot of energy
  - b) Houses that are good for the environment
  - c) Houses that are very expensive
2. What do eco homes use for electricity?
  - a) Coal
  - b) Solar panels
  - c) Gas
3. What is a natural material used in eco homes?
  - a) Plastic
  - b) Wood
  - c) Concrete
4. Eco homes help reduce:
  - a) Pollution
  - b) Resources
  - c) Money
5. What can you collect with rainwater collection?
  - a) Sunlight
  - b) Gas
  - c) Rainwater
6. What do special windows do?
  - a) Keep heat inside
  - b) Let heat escape
  - c) Break easily
7. What is good insulation for?
  - a) Keeping the house cool
  - b) Keeping the house warm

- c) Both warm and cool

8. What kind of light bulbs should you use?

- a) LED
- b) Old
- c) Bright

9. What can you do to save water?

- a) Take long showers
- b) Fix leaky taps
- c) Use more water

10. Why should we build more eco homes?

- a) Because they are bad for the environment
- b) Because they help us live healthier lives and protect the Earth
- c) Because they are very expensive

11. Think about what you learned about eco homes. What can you do to make your home more eco-friendly?

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## Answers

1. b
2. b
3. b
4. a
5. c
6. a
7. c
8. a
9. b
10. b



**The following words are from a video you are going to watch**

1. **Ecological:** Related to the environment and living things; often means friendly to the environment or sustainable.
2. **Scientific research:** A detailed study of a subject to discover new information or test ideas.
3. **Grains:** Small, hard, dry seeds.
4. **Irrigation / Irrigated:** Supplying water to land or crops using pipes or channels, often because there isn't enough rain. / Having water supplied this way.
5. **Maintenance:** The work needed to keep something (like a garden or house) in good condition.
6. **Dependent on:** Needing someone or something else for help, support, or survival.
7. **Environmental awareness:** Understanding the natural world and the impact human actions have on it.
8. **Social awareness:** Understanding the issues and problems within a community or society.
9. **Damage:** Physical harm that makes something broken or less useful.
10. **Soil:** The top layer of the earth's surface, the material you find on the ground outdoors.
11. **Seasonally:** Happening or done according to the correct season of the year (e.g., planting specific vegetables in spring).
12. **Local varieties:** Types of plants (or animals) that are naturally found or traditionally grown in a particular area.
13. **Homegrown:** Grown in your own garden rather than bought from a store.
14. **Ingredients:** All the different food items used to make a specific dish.

<a href="#">Practice learning the words</a>	Play <a href="#">the Match game</a>
<a href="#">Test yourself</a>	

## Who is Alik Pelman?

(He is a person you are going to learn about in the video).

Alik Pelman lives in Klil, Galilee, and has an interesting way of life. He lives in a simple way because of his values and a dream from his childhood. In the video, you will learn what he does, how he lives, and why he chose this way.

Watch [this video](#) about Alik Pelman.



**Answer the following questions on the video:**

1. Who is Alik?
  - A. A man who works in a supermarket.
  - B. A man who grows all his own food.
  - C. A man who travels a lot for work.
2. What does Alik do?
  - A. He buys all his food.
  - B. He works in a supermarket.
  - C. He grows all his food.

3. Does Alik go to the supermarket for food?
  - A. Yes, often
  - B. No, never
  - C. Sometimes
4. How big is the land where Alik grows food?
  - A. 200 meters
  - B. 750 meters
  - C. 1000 meters
5. What does Alik grow to make bread?
  - A. Beans
  - B. Olives
  - C. Wheat
6. How much time does Alik work on his farm every month?
  - A. About one day
  - B. About one week
  - C. Every day
7. Does Alik have another job?
  - A. No, he only grows food.
  - B. Yes, he works at a university.
  - C. Yes, he builds houses.
8. Why does Alik grow his food?
  - A. He thinks it is good for the Earth (environment).
  - B. He does not like to cook.
  - C. He wants to sell the food.
9. What food can Alik make from his garden?
  - A. Hamburgers and fries
  - B. Bread and salad
  - C. Fish and chips
10. What did you find especially interesting about Alik's life?

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11. Would you like to live like him? Yes/No. Explain.

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## Discussion Questions (based on the video)

1. Alik grows all his food instead of buying it. What do you think are the main advantages (good points) and disadvantages (bad points) of his way compared to buying food at the supermarket?
2. Alik changed his life because of a childhood dream and environmental worries. Which reason do you think is more important for him *now*? Why do you think so?
3. Alik says growing food is "very simple" if you do it seasonally with local plants. Do you agree it's simple? What things might make it difficult for people today, even if they wanted to try?
4. Alik believes his lifestyle causes less harm to the environment. Do you think he is right? Can one person living like this make a real difference? Explain your opinion.
5. Considering things like work, space (especially in cities like Tel Aviv), and skills, how realistic is Alik's lifestyle for most people in Israel today? What would need to change in society for more people to live like him?
6. If someone wants to be more like Alik but cannot grow *all* their food, what smaller steps could they take to be more self-sufficient or reduce their environmental harm related to food?
7. Alik feels disconnected from the harm caused by a "normal life". Do you sometimes feel this way? How does hearing about Alik's choices make you think about your own daily life?



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# Living with Nature – Robinson Crusoe & Alik Pelman

## Unit Summary – Environment & Ecology

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### Part 1: Living Close to Nature – What Have We Learned?

Alik says in the video that he wished to live an independent life like Robinson Crusoe. Read the following information about Alik and Robinson Crusoe:

 <b>Robinson Crusoe (from the story)</b> <ul style="list-style-type: none"><li>• Robinson Crusoe was on a ship when it crashed at sea. He was the only person who survived and found himself alone on an island.</li><li>• He <b>builds</b> his own house from wood.</li><li>• He <b>hunts animals</b> and <b>grows food</b>.</li><li>• He <b>doesn't use electricity</b> or modern tools.</li><li>• He uses only what he finds in <b>nature</b>.</li><li>• He learns how to <b>survive without hurting the Earth</b></li></ul>	 <b>Alik Pelman (a real person)</b> <ul style="list-style-type: none"><li>• Alik lives in <b>Klil</b>, a village in Israel.</li><li>• He grows <b>all his own food</b> on <b>750 square meters</b> of land.</li><li>• He doesn't buy food from supermarkets.</li><li>• He <b>built his house</b> and uses very little water.</li><li>• Most of his food grows from <b>rain only</b>.</li><li>• He wants to <b>live simply</b> and <b>protect the environment</b>.</li><li>• He has a full-time job but still lives close to nature.</li></ul>
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### Part 2: Compare Robinson & Alik – Fill in the Table

Question	Robinson Crusoe	Alik Pelman
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Is he a real person?		
Where does he live?		
Did he build his house?		
Does he grow his own food?		
What food does he eat?		
Does he live alone?		
Does he have a job?		
Why did he choose this life?		

### **Part 3: Final Reflection – What Do YOU Think?**

**1. What is one thing you learned in this unit about the environment?**

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**2. Do you want to live more like Alik or more like city people? Why?**

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**3. What can you do to help the Earth?**

 I can \_\_\_\_\_

 I can \_\_\_\_\_