



Fast Fashion

Vocabulary List

1. Fast Fashion
Definition: A model of clothing production that quickly makes cheap styles.
Example: Fast fashion makes clothes available quickly, but it has negative effects on the environment.
2. Trends (Band II)
Definition: Popular styles or activities at a particular time.
Example: Fashion trends change with each season.
3. Consumer (Band III)
Definition: A person who buys goods or services.
Example: Consumers should think about the impact of their shopping habits.
4. Sustainable (Band III)
Definition: Able to be maintained without harming the environment.
Example: Sustainable fashion focuses on eco-friendly materials.
5. Production (Band II)
Definition: The process of making goods.
Example: The production of fast fashion clothing often uses harmful chemicals.
6. Pollution (Band III)
Definition: Harmful substances that make the environment dirty.
Example: Textile production can cause water pollution.
7. Quality (Band III)
Definition: The standard of something, often related to how good or bad it is.
Example: Higher-quality clothes last longer than cheap ones.
8. Donate (Band III)
Definition: To give something to someone without expecting anything in return.
Example: I donate my old clothes to charity.
9. Upcycling
Definition: Creating something new from old items in a creative way.
Example: Upcycling old jeans into bags is a fun project.
10. Ecosystem
Definition: A community of living things and their environment.
Example: Fast fashion can harm local ecosystems.



Vocabulary Exercise Sheet

1. Match the Word with its Definition


Draw a line to connect the word to its correct meaning.

Word	Definition
Fast Fashion	A person who buys goods
Trends	The process of making something
Consumer	Quickly made, cheap clothing
Sustainable	How good or bad something is
Production	Popular styles at a particular time
Pollution	A community of living things
Quality	Something that doesn't harm nature
Donate	Making new things from old items
Upcycling	To give something to charity
Ecosystem	Harmful things in the air or water

2. Fill in the Blanks

Use the words from the vocabulary list to complete the sentences.

1. Cars and factories cause air _____ in big cities.
2. Cutting down too many trees can harm the _____.
3. These shoes are expensive, but their _____ is very good.
4. Instead of throwing away old clothes, you can _____ them to a charity.
5. She turned her old jeans into a new bag by _____.
6. Many people buy clothes from _____ brands because they are cheap and trendy.
7. The factory increased the _____ of shoes to meet demand.

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8. This summer, bright colors and floral prints are the latest _____.
 9. A smart _____ always checks prices before buying something.
 10. To help the planet, we should use _____ products instead of plastic ones.

3. Circle the Correct Word

Circle the word that best completes each sentence.

1. Fast fashion is a problem because it causes a lot of waste / upcycling.
2. I want to donate / recycle my old clothes to people in need.
3. We can help reduce pollution by making more production / sustainable choices.
4. New trends / qualities appear in fashion every year.
5. The quality / ecosystem of this shirt is very high, so it will last long.

Pre-Reading (You can create a Kahoot or a Google form)

Level Questions

1. What types of clothing do you usually buy? Do you have favorite brands?
2. How often do you shop for new clothes, and what influences that frequency?
3. What factors do you consider when deciding to purchase an item of clothing?
4. Do you prefer shopping online or in physical stores? What are the reasons for your preference?
5. How significant is the price of clothing in your shopping decisions? Do you often look for sales?
6. What do you usually do with clothes that you no longer wear or need?
7. Have you ever considered the environmental impact of your clothing purchases? What are your thoughts?
8. Do you think it is essential to buy from ethical or sustainable brands? Why or why not?
9. How do advertisements and social media impact your clothing choices? Can you give examples?
10. What do you understand by "fast fashion," and what is your opinion on it?



The Environmental Impact of Fast Fashion Explained

Based on: <https://earth.org/fast-fashion-detrimental-effect-on-the-environment/>

Understanding Fast Fashion

Fast fashion refers to the production of clothing that is quickly made and sold at low prices. This approach allows consumers to buy trendy clothes without spending much money. Stores often release new collections every few weeks, making it easy for shoppers to find something fresh and fashionable. However, this convenience comes at a high cost to the environment.

Environmental Effects

The fast fashion industry has several harmful impacts on the environment. One major issue is the amount of water used in the production process. For instance, producing a single cotton t-shirt can consume approximately 2,700 liters of water. This excessive use of water can lead to shortages in regions where water is already scarce. Additionally, the production of fast fashion items often involves the use of harmful chemicals. These chemicals can contaminate water sources, harming wildlife and ecosystems.

Waste and the Throwaway Culture

Fast fashion also promotes a throwaway culture. Many consumers buy clothes that are trendy but not durable. As a result, they often wear these items just a few times before discarding them. This contributes to a massive amount of waste. According to some estimates, around 92 million tons of textile waste is generated globally each year. Most of this waste ends up in landfills, where it can take decades to decompose.

Sustainable Alternatives

To combat the negative effects of fast fashion, consumers can take action by making more sustainable choices. Instead of buying a large number of inexpensive clothes, people can invest in fewer, higher-quality items that will last longer. Supporting ethical and eco-friendly brands is another way to make a difference. These brands often use sustainable materials and fair labor practices.

Furthermore, recycling and donating clothes can help reduce waste. Many organizations accept used clothing, which can be given a second life. By being more conscious about our shopping habits and making informed choices, we can help protect the environment and reduce the harmful impact of fast fashion.



Questions

1. Why do you think people buy fast-fashion clothes?
2. What are some of the negative effects of fast fashion on nature?
3. How can consumers make better choices when shopping for clothes?
4. In what ways can schools promote sustainable fashion among students?

Follow-Up Project

Objective:

Students will create a visual collage to explore sustainable fashion alternatives.

Instructions:

1. Research: In pairs or groups, students will research simple ways to recycle, reuse, or upcycle old clothes.
2. Create: Using magazines, online images, or personal photos, students will create a collage showing sustainable fashion ideas (e.g., using old clothes in new ways, recycling materials, eco-friendly clothing).
3. Present: Students will present their collages to the class, explaining the items they chose and how these ideas can help the environment.

