

Why It's So Hard To Make Plastic-Free Running Shoes



A. Thinking Questions:

1. What types of shoes do you like to wear?
2. Do you and your friends wear shoes that are made of plant materials?
3. Why is it important for companies to use sustainable resources to make shoes?

B. Word Definition: Connect the word with its correct meaning:

Algae	Can withstand pressure or damage
Marathon	Someone good at sports
Durable	Aquatic plants eg. seaweed
Lifecycle	A long-distance race
Landfill	Something that can stretch
Elastic	Stages of change through time
Athlete	A place to dispose of waste

C. Video Questions: These questions test your understanding of the video.

1. How much does an average person spend on a pair of running shoes?
2. How many miles does a typical pair of running shoes last?
3. What are running shoes typically made of?
4. Why is it more difficult to make running shoes out of plant-based material?
.....
5. According to researchers, what do people look for in a pair of good running shoes?
.....

D. Advanced Questions: These questions make you think harder or apply what you know.

1. Manufacturers have tried to make shoes out of what types of plants?
.....
.....
2. What types of plants does Reebok use to make its running shoe?
.....
.....
3. How do shoe companies test new shoes?
.....
.....
4. What are some difficulties in using plants to make shoes?
.....
.....