Your Name

Professor's Name

Course Title and Number

Due Date

The Problem with Consuming Resources

The population of the world is growing with each year. There's an opinion that our planet can become overpopulated, but a growing number of people is not the main problem. The crucial issue is the waste in consuming resources. Today, this tends to be a critical problem. Increasing consumption involves not only food products, but energy resources, goods that we manufacture and buy and their packaging, as well. Along with consuming energy, carbon emissions are produced. They lead to increased levels of pollution and climate change. Thus, we can make a clear connection between the population growth, the consumption of natural resources, and a significant negative impact on the environment. It is time to take actions that will gradually improve the global situation.

We can't influence or stop the population growth around the world for the purpose of cutting the number of resources being used, but we definitely can decrease the harmful impact on the planet by trying to improve the ecological situation. Luckily, there are some ways to do that! For example, people should try to reduce the amount of items they consume and learn to reuse recyclable materials. Reducing means decreasing the number of items we buy, but also the electricity we use. We can turn off the TV and lights when not being used and walk or bicycle rather than going by car. These are first steps that can be the hardest, but they will get easier and can lead to other good strategies for preserving resources. Each of us can easily reuse packaging when possible, such as plastic bags, bottles, jars, etc. It's a good idea to mend items rather than buying new ones. Why not donate our old clothes and items we don't need any more to charity? Anyway, it's better, than throwing them away! The importance of recycling should be especially stressed. Recycling products or containers is 100% better than throwing them away. These practices will help to cut the need for additional raw materials.

Considering eating habits may also be of great use. By choosing some locally-grown food, we consciously reduce the energy spent on delivering food from some remote regions to the location where we live. By eating less meat, people will save more green grass fields as cows and sheep reared for food need broad territories to live on. Besides that, they need some extra food in the winter. All these lands could be used to grow more essential products like potatoes, tomatoes, or buckwheat. By the way, vegetarians never get tired of highlighting the benefits of going meatless. It looks like, that apart from using huge territories for growing healthy plants, and by reducing the amount of meat in their diet, people can automatically improve their health by illuminating a number of illnesses caused by eating animal protein.

On the other hand, various governments should invest in providing new forms of transportation. Using a non-renewable means of transport can lead to a decrease in air pollution. People have to consider alternative sources for energy, like hydrogen, solar and wind power as they are much safer for our planet, environment, and mankind. None of them will cause any harmful effect on our planet. Following all these simple steps and tips can have a rather beneficial influence on our world and each of us.