



**PHYSICAL ACTIVITY TRAINER  
EMPLOYABILITY SKILL - CLASS XI  
WORKSHEET 5 – GREEN SKILL**

**Section 1: Multiple Choice (15 questions, 1 mark each)**

**Instructions: Choose the best answer for each multiple-choice question.**

**Topic: Green Skills and Sustainable Development**

**Subtopics: Sustainable Development, Our Role in Sustainable Development**

1. What is the primary goal of sustainable development?

- a) Maximizing economic growth without considering environmental consequences.
- b) Balancing economic growth, social equity, and environmental protection for future generations.
- c) Focusing solely on environmental protection.
- d) Prioritizing social equity over economic growth.

Answer: b

2. Which of the following is NOT a key aspect of sustainable development?

- a) Environmental protection
- b) Economic growth
- c) Social equity
- d) Ignoring future needs

Answer: d

3. The concept of "triple bottom line" in sustainable development encompasses:

- a) Profit, people, and planet
- b) People, planet, and profit
- c) Profit, planet, and progress
- d) People, profit, and progress

Answer: a

4. What does the term "intergenerational equity" refer to in the context of sustainable development?

- a) Ensuring fairness between different social groups today.
- b) Ensuring fairness between different generations in the future.
- c) Maintaining a balance between economic growth and environmental protection.
- d) Promoting equity among different nations in accessing resources.

Answer: b

5. Sustainable development is about meeting the needs of the present without compromising the ability of future generations to meet their own needs. Who coined this definition?

- a) IPCC (Intergovernmental Panel on Climate Change)
- b) The World Commission on Environment and Development (Brundtland Commission)
- c) UNEP (United Nations Environment Programme)
- d) The UN General Assembly

Answer: b

6. Which of the following is an example of a sustainable practice?

- a) Deforestation for timber production
- b) Using reusable water bottles
- c) Driving a car with a large engine
- d) Discarding electronics

Answer: b

7. What is the role of education in promoting sustainable development?

- a) It has no role.
- b) It can foster awareness and create informed citizens.
- c) It's only useful for students, not for society.
- d) Only specialized scientific knowledge matters.

Answer: b

8. How can individuals contribute to sustainable development?

- a) By doing nothing
- b) By advocating for changes in policies
- c) By making conscious choices in their daily lives
- d) Both b and c

Answer: d

9. What is a key driver of unsustainable practices?

- a) Consumerism
- b) Innovation
- c) Sustainable businesses
- d) Education

Answer: a

10. Which of these is NOT a way to reduce your environmental footprint?

- a) Using public transportation
- b) Recycling and composting

- c) Consuming more products
- d) Reducing food waste

Answer: c

11. What is the significance of environmental stewardship?

- a) It has no significance.
- b) It promotes individual responsibility for the environment.
- c) It's a concept only for specialists.
- d) It only concerns politicians.

Answer: b

12. What does environmental awareness entail?

- a) Ignoring environmental problems.
- b) Understanding the impact of human actions on the environment.
- c) Becoming a scientist.
- d) Being ignorant of the environment.

Answer: b

13. How does adopting green practices affect our personal well-being?

- a) It does not affect our well-being.
- b) It can improve physical and mental health.
- c) It only has negative impacts.
- d) It's irrelevant to personal well-being.

Answer: b

14. What is the importance of community involvement in sustainable development initiatives?

- a) It is not important.
- b) It enhances the effectiveness and inclusivity of solutions.
- c) It is unnecessary for small-scale initiatives.
- d) It only applies to large-scale projects.

Answer: b

15. What is a key takeaway regarding our role in achieving sustainable development?

- a) It's solely the responsibility of governments.
- b) Our individual actions have significant collective impact.
- c) It's a hopeless goal.
- d) It's not relevant to most people.

Answer: b

## **Section 2: Short Answer Questions (2 Marks Each)**

**Answer the following questions in 25 words or less. Each correct answer is worth 2 marks.**

| 1 | What is sustainable development?

Answer: Meeting present needs without compromising future generations' ability to meet their own. | 2 |

| 2 | Briefly describe the three pillars of sustainable development.

Answer: Environmental protection, social equity, and economic prosperity. | 2 |

| 3 | What is meant by "eco-efficiency"?

Answer: Using resources and energy more efficiently to reduce environmental impact. | 2 |

| 4 | Name one way individuals can contribute to sustainable development.

Answer: Reducing consumption, recycling, and using public transport. | 2 |

| 5 | Define the term "renewable energy".

Answer: Energy sources that are naturally replenished, such as solar, wind, and hydro. | 2 |

| 6 | Give an example of a sustainable agricultural practice.

Answer: No-till farming to protect soil health and water resources | 2 |

| 7 | What is the role of education in sustainable development?

Answer: Education fosters awareness and empowers individuals to make sustainable choices. | 2 |

| 8 | Explain the concept of "circular economy".

Answer: An economic system aimed at minimizing waste and maximizing resource utilization. | 2 |

| 9 | Why is biodiversity important for sustainable development?

Answer: Biodiversity provides ecosystem services, including clean air and water, and food resources. | 2 |

| 10 | How can businesses contribute to sustainability?

Answer: Implement sustainable practices in their operations, use eco-friendly packaging, and promote responsible sourcing. | 2 |

### Section 3: Short Answer Questions (3 Marks Each)

Instructions: Answer the following questions in complete sentences, keeping your

Answers concise and to the point (approximately 40 words). Each correct answer is worth 3 marks.

#### Topic 1: Sustainable Development

1. What is sustainable development?

*Answer:* Sustainable development meets the needs of the present without compromising the ability of future generations to meet their own needs. It balances economic growth, social equity, and environmental protection.

2. Describe three key pillars of sustainable development.

*Answer:* The three pillars are economic growth, social equity, and environmental protection. These interconnected aspects must be considered together for true sustainability.

3. Give two examples of unsustainable practices.

*Answer:* Deforestation and overfishing deplete natural resources, while excessive pollution harms ecosystems. These actions threaten future generations' access to resources.

4. How does sustainable development differ from traditional development?

*Answer:* Traditional development prioritizes economic growth, sometimes at the expense of social equity and environmental health. Sustainable development integrates these aspects, promoting a holistic approach.

#### Topic 2: Our Role in Sustainable Development

5. Explain how individual actions contribute to sustainable development.

*Answer:* Small changes, like reducing energy consumption, recycling, and conserving water, collectively impact resource management and environmental protection. This individual effort builds societal change.

6. What is the importance of consumer awareness in promoting sustainability?

*Answer:* Informed consumers can drive demand for sustainable products and practices. This puts pressure on businesses to adopt environmentally responsible strategies.

7. Describe two ways to reduce your carbon footprint.

*Answer:* Using public transport instead of private vehicles and reducing meat consumption can drastically lower individual carbon emissions, contributing to mitigating climate change.

8. How can education play a role in promoting sustainable development?

*Answer:* Educating individuals about sustainable practices equips them to make informed choices and participate in activities that promote sustainability. This creates a cycle of conscious action.

#### **Section 4: Essay Questions (5 Marks Each) (5 Questions)**

##### **Sub-topics: Sustainable Development, Our Role in Sustainable Development**

**Instructions:** Answer the following 5 questions in 80 words or less. Each question carries 5 marks.

**Question 1:** Define Sustainable Development in your own words. Explain its three interconnected pillars.

**Answer:** Sustainable Development is meeting the needs of the present without compromising the ability of future generations to meet their own needs. The three interconnected pillars are environmental protection, economic prosperity, and social equity. Environmental sustainability ensures natural resources are conserved. Economic sustainability involves creating jobs and prosperity without depleting resources. Social sustainability ensures equitable access to resources and opportunities for all.

**Question 2:** What are the key environmental challenges facing our planet? Give two examples.

**Answer:** Key environmental challenges include climate change, pollution (air, water, and land), deforestation, resource depletion, and biodiversity loss. Two examples are global warming and the extinction of wildlife species due to habitat destruction. These pose severe threats to human well-being.

**Question 3:** How does individual consumption impact sustainable development? Explain with one specific example.

**Answer:** Individual consumption patterns significantly impact sustainability. Excessive consumption of resources and waste generation contribute to environmental degradation. For example, excessive plastic use leads to pollution and waste management problems. Choosing sustainable consumption practices, such as reducing waste and buying local produce, can significantly contribute to sustainable development.

**Question 4:** Describe two ways individuals can contribute to a more sustainable future.

**Answer:** Individuals can adopt energy-efficient practices, like using public transport or switching to renewable energy sources. Another way is by reducing waste and promoting recycling programs. Supporting businesses and organizations that prioritize environmental sustainability is also a critical contribution.

**Question 5:** Discuss the importance of global cooperation in achieving sustainable development goals.

**Answer:** Global cooperation is crucial for achieving the Sustainable Development Goals (SDGs). Sharing best practices, technologies, and financial resources are essential. International agreements and collaborations among nations and communities are needed to address issues like climate change and pollution, which transcend national boundaries. This collective action is key to achieving a sustainable future for all.