**Track 1**

My energy levels go up and down. Sometimes I’m full of energy, and sometimes I’m drained of energy. Mornings are when my energy levels are high. I wake up ready to go. I don’t need 30 minutes to wake up, like some people I know. For some reason the food I eat doesn’t affect how energetic I am. Some people feel tired after lunch, while others complain they need to eat

something for an energy boost. I seem to have the same level of energy even if I eat nothing all day. The one thing that does affect my energy is the weather. A bright, sunny day gives me lots of energy. A dull, rainy day makes me feel less energetic. I also have a lot of energy if I’m doing something exciting - even if it’s study or work.

**Track 2**

We have to do something about pollution. Even though there are warnings about global warming, companies don’t do anything to reduce pollution. Our sky, air, rivers, beaches and countryside are becoming rubbish dumps. The air is so polluted it is giving children breathing problems. Polluted rivers have no fish left in them and beaches are too dangerous to walk on because of the garbage everywhere. It seems a lot of people don’t care. I think there should be big fines for polluters. I don’t mind paying more for things if they can be made with less pollution. The problem is that companies are more interested in profits than pollution. We have only just started looking at our carbon footprint.