# Name:

**Breaking It Down Student Activity**

# Date: \_

1. What is microplastic?

**Microplastics are tiny particles of plastic up to 5mm in diameter**

1. How does microplastic affect the food chain?

**When organisms lower on the food chain like a fish eat these microplastics, and are then eaten by larger animals, those contaminants can work their way up the food chain to us. Microplastics have endocrine disruptors and can affect hormones, brain development, and more.**

1. Match the consumer item to the time it takes to “break down”.

2-4

Weeks

6

Weeks

2 3

Months Months

1-20

Years

200

Years

450

Years

Undetermined

Paper Plastic

Towel Bottle

Plastic Grocery Bag

Glass

Jar Newspaper

Waxed Milk Carton

Cardboard Box

Aluminum Can

1. What are some ways you can help reduce plastic pollution in the ocean? **You can help by brining your**

own reusable Tupperware to restaurants and avoid Styrofoam. Sort your recycling and garbage properly. Support legislative efforts to reduce single use plastics and Styrofoam. Commit to reducing waste by using a 20- gallon trash can, which is considerable smaller than a standard city issued garbage bin. Say no to plastic

straws. Reduce single use plastics. Purchase a reusable water bottle. Bring a reusable bag to the store.

Breaking It Down | Student Activity Worksheet