1. Considering what you already know about the theme, and after some research, answer the following questions:
   1. As seen in the previous classes, there is a connection between the use of a certain type of energies and problems such as air pollution and climate change. How do these problems can affect the community public health? Additionally, list some of the diseases than can occur due to these problems.

As it was found, especially when filling worksheet number No. 3, some energies, such as fossil fuels, can cause problems such as air pollution and the worsening of climate change. Such problems can have consequences for public health such as excessive increase in air temperature, leading to increased deaths in the summer, phenomena such as floods, fires that will later lead to problems in the community, as well as problems such as heart disease, lung disease, increased susceptibility to infections, strokes, exposure to hazardous chemicals, or soil contamination.

* 1. In which way can we counter these public health problems? Can the utilization of different types of energy the solution? Why? And the efficient use of energy? Answer the questions and, after that, on table below, list every measure that you consider adequate to efficiently reduce the energy consumption in your community. As an example, you can state what you would do in your school.

Individually, countering all the problems listed in 1.1 can be done through a more efficient use of the available energy resources. Choosing more sustainable renewable energy sources over non-renewable ones may be a good start. Some more energy-efficient measures can be adopted in our own housing, such as: using low consumption lighting systems, avoiding the continuous operation of ventilation systems, opting for the installation of heat recovery systems, purchasing energy-saving appliances, among others. Other measures of a more social nature can also be adopted, such as actions to raise awareness of the importance of efficient use of energy.

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| --- |
| **Measures to reduce energy consumption in your school** |
| -Take maximum advantage of sunlight  -Using low consumption lighting systems  -Using energy efficient monitors and projectors (which reduce consumption when on stand-by) -Monitor constantly the use of ventilation systems  -Awareness actions which incentivize students to recycle and reduce the current energy resources  -Using light and water sensors (e.g., public bathroom taps)  -Do not leave open doors when using a ventilation system |

**To Learn More…**

If you would like to explore further about this class theme, on the Keywords Table there are several links available, with additional information, related to each keyword. To access this information, click on the corresponding link on the section “References”.

**Keyword Table**

|  |  |
| --- | --- |
| **Keywords** | **Reference number** |
| Measures to reduce energy consumption | **[1] [2] [3]** |
| Health problems due to climate change and air pollution | **[4] [5] [6]** |

**References**

**[1]** <https://portugalcleanandsafe.com/minutas/documento_tecnico_reducao_energia.pdf>

**[2]** <https://www.doutorfinancas.pt/energia/como-reduzir-o-consumo-de-energia-em-casa/>

**[3]** <https://paylesspower.com/blog/how-to-save-energy-at-school/>

**[4]** <https://vidasustentavel.sabado.pt/alteracoes-climaticas/alteracoes-climaticas-em-que-medida-afetam-a-nossa-saude/>

**[5]** <https://climate.ec.europa.eu/climate-change/consequences-climate-change_pt>

**[6]** <https://www.cuf.pt/mais-saude/saude-e-poluicao-do-ar>