

# GREEN GATE MEMORY

part of **GreenGate Methodological Toolkit<sub>2</sub>**

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# GreenGate memory

## INTRO

We're going to play memory, but with a twist: one of you holds a fancy term from the world of cosmetics, health, or the environment, and the other holds its definition. Your mission? Find your perfect match and at the same time learn some new terms! But that is not all, with your perfect other half you also need to decide where you belong in the world of health, the environment and society and meanwhile practice your argumentation.

**Aim:** Learn some key terms from the beauty and health industry or reinforce your knowledge gained from GreenGate toolkits.

**Time:** 20 minutes

**Place:** Indoors or outdoors

**Tools:** ▶ printed cards and ellipses from the appendix  
▶ strings/cords to create circles

**Tips:** The game includes 13 terms, so it can be played by up to 26 people. For fewer players, simply use fewer cards or play more rounds.

*This activity works best after participants have already completed some other GreenGate toolkit activities. Some basic knowledge will make the game smoother and more fun!*



## CORE

Position the three ellipses from Appendix 2 in different areas of the room/place and create a big circle with string around it.

Hand each participant a card from Appendix 1 containing either a word or its explanation. Their task is to find their matching pair and stand together in the circle they believe is most affected by their term - positively or negatively.

## CONCLUSION

Each pair will then explain their term and justify their choice for where they stand. There are no right or wrong answers - what matters is their reasoning and argumentation.



## Appendix 1.

### Cards

When companies make themselves look more eco-friendly than they really are. They slap a few green labels on their stuff and use words like “natural” or “sustainable” to make you think you’re helping the planet by buying their stuff - even if they’re not actually doing much for the environment. It’s kind of like pretending to recycle but just tossing everything in the trash.



## GREENWASHING

These are man-made chemicals that keep plastics from snapping like a dry twig. They’re in tons of everyday stuff - like shampoo, perfume, and even some food packaging. The downside? They’ve been linked to some pretty serious health issues. So basically, they help plastic bend but might mess you up in the process. 🚫 🧴 ⚠️

## PHTHALATES

Tiny plastic bits (less than 5mm) that are basically everywhere - oceans, animals, and even inside us. Marine creatures eat them thinking they’re food, and guess what? So do we. It’s like unwanted glitter for the planet - once it’s out there, good luck getting rid of it. 🌊 🐟 🚫

## MICROPLASTICS

Basically, the EU’s rulebook for cosmetics. It sets the standards for what’s allowed in your skincare and other beauty products to make sure they’re safe. So if a product doesn’t meet these rules, it’s not hitting the shelves in Europe. Think of it as a VIP bouncer for your beauty routine. 🚫 🚫 ✅

## REGULATION (EC) N° 1223/2009

## ENDOCRINE DISRUPTING CHEMICALS

These sneaky chemicals (natural or man-made) mess with your hormones like an annoying hacker in your body's system. They can mimic, block, or totally throw off how your hormones work, leading to all sorts of health problems. Basically, they're the toxic drama queens of the chemical world. ⚠️🚫

## IMMUNE SYSTEM

Your body's personal security team, always on the lookout for germs, viruses, and other bad guys trying to mess you up. It's like having tiny bodyguards (white blood cells) ready to fight off intruders. But if it gets weak, you're basically leaving the door open for sickness to crash the party. 🦠🛡️😷

## FOOD SUPPLEMENTS

Little extras (like vitamins, minerals, or protein powders) that people take when their diet isn't giving them everything they need. Think of them as bonus points for your health - but they're not a free pass to eat junk all day. A pill won't fix a diet full of pizza and soda (sadly). 🍏🍌🍷

## STRESS

That feeling when your brain is running a marathon and your body's like, "I didn't sign up for this!" It is useful in the short term, but when chronic it can overload the body. It's what happens when life piles on too many things at once - school, work, friends, drama. It can be a lot to handle, and if it's too much, it can totally throw you off. Basically, it's your body's way of saying, "Help, I need a break!" 😫💥🧠

## NANOPARTICLES

Super tiny bits of stuff - so small you can't even see them with your eyes. They're used in everything from skincare products to electronics, but because they're so small, they can sneak into places you don't want them (like your skin or lungs). It's like a microscopic ninja squad doing their thing without you even knowing. 🧑🏻‍🔬🧪👁️

## FOOD CHAIN

So, imagine this: a fish eats a tiny piece of plastic thinking it's food. Then, a bigger fish eats that fish, and eventually, a human munches on that bigger fish. Boom, now *you're* eating plastic too. It's like a nasty game of "pass the trash" until it ends up on your plate. Not exactly the healthiest snack, right?



## BIOACCUMULATION

When toxic stuff (like chemicals or heavy metals) slowly builds up in an animal's body over time because they keep eating things that have it. It's like that one person who keeps collecting random junk - except instead of old socks, it's poison. 🐟⚠️🧑🏻

## OVER-THE-COUNTER MEDICATION (OTC)

These are the meds you don't need a doctor's note for. You can just walk into the store and grab them for stuff like headaches, colds, or sore throats, but remember - just because you don't need a prescription doesn't mean you should take them like candy. 🧑🏻‍💊🍬👁️

## FILTRATION

It's like giving a liquid or gas a spa day - sending it through a filter that lets the clean stuff flow through while catching all the gunky solid bits and telling them, "Nope, you're not coming in!" So we can continue to use the clean material and the unpleasant solid particles will remain trapped. 💧 ✨ 🧼



### Appendix 2.

Ellipses

# HEALTH



**ENVIRONMENT**



**SOCIETY**