

Activity ideas

- Start off by asking learners what their least favourite thing to do around the home is. For example, ironing, dusting, etc.
- Allow learners to read the article below and ask them to discuss this question, in groups **‘Do you think the Bike Washing Machine is a good idea?’** Ask them to discuss the pros and cons.
- Ask learners, in groups, to come up with their own ideas to ‘pitch’ to the rest of the class. Ask learners to plan the ‘pitch’ and get the rest of the learners to vote on the idea and see which group wins.

Other ideas

- Set questions on the text below
- Use the flashcard to spark a discussion

Information sourced from

<https://www.healthyfoodhouse.com/exercise-and-wash-your-clothes-with-this-amazing-eco-friendly-bicycle/?fbclid=IwAR0Wx8QTcCDWKVCIpjmDaJozvd-BDCZblJhSAK2LrGZqwNXnU7p5ngmlIdHw>

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Wash and go!



Very often, doing the housework takes up all your free time during the day and the to-do list simply seems endless. Most people also claim that they do not exercise regularly because they lack time.

These two things inspired a group of Chinese students to invent a **bike washing machine**, that will keep you fit while you wash your clothes and help save the planet!

The Bike Washing Machine (or BiWa, as the students named it) is a human-powered washing machine. The innovative bike, was designed by students at Dalian Nationalities University in China, but still hasn't hit the markets.

The pedals of this stationary bike spin and rotate the front wheel, which is a clothing drum. The extra energy created during the workout will power the display screen and monitor the wash cycle's progress.

By using this bike, you will also conserve water and save money in an eco-friendly way. This bike is ideal for all ages and everyone will benefit from burning off the energy while doing the washing!

Flashcard

