

Masovian Scholarship Program for Gifted Students in the 2025/2026 School Year

project topic:

How do our everyday choices affect the future of the planet and humanity?

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Presentation outline:

1. Health, ecology and environmental protection – our motto.
2. Why does human health depend on the environment?
3. Smog – the silent killer.
4. Microplastics – the problem of the 21st century.
5. Climate change – what is happening to our planet?
6. Biodiversity – why is it important?
7. How do food choices affect the environment?
8. Mental health and contact with nature.
9. Modern technologies helping the environment.
10. What can each of us do?
11. Interesting scientific facts.
12. Summary.
13. Let's remember!

Health, ecology and environmental protection

Motto:

"We have not inherited the Earth from our ancestors – we have borrowed it from our children."



Why does human health depend on the environment?

Human health is closely linked to the state of the natural environment.

Our health is affected by:

- air quality,
- water quality,
- food production methods,
- noise levels,
- climate change.



According to scientific research, environmental pollution is responsible for millions of premature deaths worldwide every year.

Smog - the silent killer



Interesting fact:

PM2.5 particles are so small that they can enter the bloodstream.

Smog is a mixture of:

- PM10 and PM2.5 particulate matter,
- nitrogen oxides,
- sulphur dioxide,
- and harmful chemicals.

Effects:

- asthma,
- allergies,
- heart disease,
- and lung cancer.

Microplastics - a problem of the 21st century

Microplastics are plastic particles smaller than 5 mm

It is found:

- in the oceans,
- in drinking water,
- in fish,
- in sea salt,
- and even in the human body.

Scientists are discovering microplastics in:

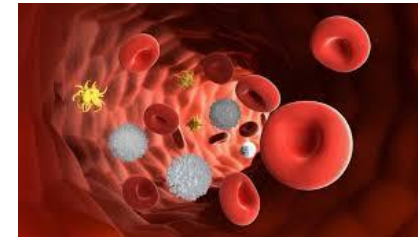
brain



heart



blood



It is one of the greatest environmental threats facing the modern world.

Climate change - what is happening to our planet?

Causes:

- the burning of fossil fuels,
- deforestation,
- excessive industrial production.

Consequences:

- 🔥 heatwaves,
- 🌊 rising sea levels,
- 🌪️ violent storms,
- 🌵 droughts.

The Earth's average temperature has already risen by more than 1°C since pre-industrial times.



Biodiversity – why is it important?

Species extinction leads to:

- ecosystem disruption,
- a decline in soil quality,
- and a reduction in food resources.

Biodiversity means diversity:

- of species,
- of ecosystems,
- of genes.

Every organism plays a specific role in nature.



How does food affect the environment?

Food production accounts for a significant proportion of greenhouse gas emissions.

The following have the largest environmental footprint:

beef



dairy products



highly processed foods



The most environmentally friendly:

- vegetables
- fruit
- local produce



By buying locally:

- ✓ we support farmers
- ✓ we reduce transport
- ✓ we cut CO₂ emissions

Mental health and contact with nature

Research shows that spending time in green spaces:

- reduces stress levels,
- improves concentration,
- boosts the immune system,
- and has a positive effect on mood.

The following are becoming increasingly popular:

🌳 forest therapy (Shinrin-yoku)

🚶 nature walks

🌿 therapeutic gardens



Modern technologies that help the environment

Examples:

- ☀️ solar panels
- 🌀 wind farms
- 🚗 electric cars
- 🏠 smart buildings
- 🔋 energy storage facilities



The future:

- green hydrogen,
- biotechnology,
- artificial intelligence supporting environmental protection.



What can each of us do?

Every day, we can:

- ♻️ sort our waste
- 🚲 cycle
- 💧 save water
- 🔌 switch off appliances we're not using
- 👜 use reusable bags
- 🌳 plant trees

Small actions by millions of people bring about great change.



Interesting scientific facts

- ◆ A single tree can produce enough oxygen for several people in a year.
- ◆ Bees are responsible for pollinating around 75% of the world's crops.
- ◆ Around half of the Earth's oxygen is produced by marine organisms.
- ◆ Forests absorb huge amounts of carbon dioxide.
- ◆ The record lifespan of some trees exceeds 4,000 years.



Summary – conclusions

1. Air pollution levels affect human health and climate change.
2. Preserving biodiversity will ensure the balance of ecosystems.
3. Choosing unprocessed food has a positive impact on human health and the environment.
4. Contact with nature improves well-being and has a positive impact on mental health.
5. Modern technologies affect air quality and human health.
6. People's everyday choices have a positive impact on their health and the environment.

Human health and the health of the planet are inextricably linked.

Let's remember:

- ✓ Let's look after our own health.
- ✓ Let's protect nature.
- ✓ Let's reduce pollution.
- ✓ Let's use the Earth's resources responsibly.



Thank you for your attention!

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THE END

Sources:

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