**Unit 202: Changing practices over time**

# Worksheet 5 (Tutor)

1. List the ‘5 Rs’ of the circular economy.

* Reuse
* Reform
* Reduce
* Repurpose
* Recycle

1. List **four** methods of waste disposal.

* Incineration
* Landfill
* Treatment plants
* Composting

1. Identify **two** modern types of sustainable heating systems.

* Ground source heating
* Air source heating

1. Describe **one** of the benefits of each of the following.

**External wall insulation**

Any one from:

* Provides increased thermal performance to external facade.
* Increases EPC rating of the property.
* Reduced energy use.

**Modern renders**

Any one from:

* Lightweight
* Various colours
* Manufactured in batching plants
* Tested before use

**Liquid floor screeds**

Any one from:

* Self-levelling
* Reduces labour/speed of production
* Mixed and pumped by machine

1. Define the term BREEAM (Building Research Establishment Environmental Assessment Method) when developing new builds.

BREEAM is used to specify and measure the sustainable performance of a building to ensure the build meets its planned sustainable goals.