**ACTIVITY #5**

**Type of activity: Multiple Choice Questions**

**Write the main ideas of the video.**

The video highlights various innovations and sustainable initiatives contributing to environmental conservation and resource efficiency. It covers advancements in bioplastics synthesis by FabricNano, the Empire Building Challenge program's focus on retrofitting buildings for sustainability, technology generating electricity from wooden flooring, MIT's research on lab-grown wood to reduce waste, and Costa Rica's successful forest preservation through a fossil fuel tax. These developments underscore the intersection of sustainability and innovation across different sectors.