



## U2L2A2 | Eco-Footprint food quiz

### overview

In this activity you will go through five slides on your footprint on the environment in regards to food. This will allow you to know your personal food footprint.

### learning goal

- To understand, what are some of the criteria for a sustainable food choice?

### success criteria

- Be able to interpret their results of a quiz for their eco-footprint on food.

### Inquiry question

- Do I eat sustainably?

1. Go through the first five slides of 'My Eco-Footprint Human Impact on the Environment Quiz' PowerPoint. An eco-footprint is a measure of the amount of natural resources consumed by an individual. Be sure to write down the number on each slide and add it up at the end of the slides.

Included are some points to consider as you go through the slides.

- Question 1 looks at how often you eat meat or other animals? What are some concerns with eating meat? Why would this have an ecological impact?
  - Question 2 is about eating out or fast food. What is the advantage of eating at home?
  - Question 3 looks at how often you eat processed foods. What are the advantages and disadvantages of eating processed foods?
  - Question 4 focuses on buying food that was grown locally or from someone that you knew produced it. Ask the students if they can name anyone that produces food and why this would be important? Why would this have an economical impact?
  - Question 5 introduces the use of bottled water. See if any of the students know where bottled water originates and what some concerns with bottled water? A good resource is the *Story of Bottled Water*. [storyofstuff.org/movies/story-of-bottled-water/](http://storyofstuff.org/movies/story-of-bottled-water/). The video is 8:05 minutes.
2. What conclusions can you draw from your ecological footprint number?