



MY ECO-FOOTPRINT STUDENT QUIZ

Section One: Diet and Food Choices

1. How often do you eat meat or other animal products (i.e. milk, cheese, eggs)?
 - a) Never. I'm vegan.
 - b) I don't eat meat or eggs at all but I eat some dairy products
 - c) I don't eat meat, but I do eat eggs and dairy products
 - d) I eat meat and other animal products several times a week.
 - e) I eat meat and other animal products every day.

2. How often do you eat fast food or eat out (this includes the school cafeteria)?
 - a) Never
 - b) Rarely (a couple of times a month).
 - c) Occasionally (once or twice a week)
 - d) Often (a few times a week).
 - e) Almost every day or every day.

3. How often do you eat processed foods (i.e. frozen foods or prepackaged foods)?
 - a) Never
 - b) Rarely (a couple of times a month).
 - c) Occasionally (once or twice a week)
 - d) Often (a few times a week).
 - e) Almost every day or every day.

4. How often do you try to buy food that you know was produced or grown locally?
 - a) Never
 - b) Rarely (a couple of times a month).
 - c) Occasionally (once or twice a week)
 - d) Often (a few times a week).
 - e) Almost every day or every day.

5. How often do you drink bottled water?
 - a) Never, I use a refillable water bottle.
 - b) Rarely (a couple of times a month).
 - c) Occasionally (once or twice a week)
 - d) Often (almost every day).
 - e) I drink more than one bottle a day.

Section Two: Shelter/Home Life

6. I _____ shut off the lights when I leave a room.
 - a) always
 - b) usually
 - c) sometimes (about half and half)
 - d) almost never
 - e) never

7. How often do you separate your garbage from recyclables?
 - a) I never put recyclable items in the garbage.
 - b) I rarely put recyclable items in the garbage (no more than once a week).
 - c) I occasionally put recyclable items in the garbage (a few times a week).
 - d) I frequently put recyclable items in the garbage (every day or almost every day).
 - e) I don't recycle at all.

My Eco-Footprint: Human Impact on the Environment



8. How long do you usually shower for?
 - a) less than 5 minutes
 - b) 5 to 9 minutes
 - c) 10 to 15 minutes
 - d) 15 to 20 minutes
 - e) 20 minutes or longer
9. When you shower do you turn off the water while shaving, washing your hair, etc?
 - a) yes
 - b) no
10. Which statement best describes you?
 - a) When it's too hot or cold in the house, I change my clothing rather than turn the heat or air conditioning up.
 - b) When it's too hot or cold in the house, I turn up the heat or the air conditioning rather than change my clothing

Section Three: Transportation

11. Which method of transportation best describes how you USUALLY get to school?
 - a) I walk
 - b) I ride my bike
 - c) I take public transportation (bus, subway, etc.) or a school bus
 - d) I get a ride with one or more of my friends
 - e) My parents drive me or I drive myself
12. Which would best describe the most frequently used vehicle in your household?
 - a) We don't have a vehicle
 - b) Hybrid vehicle or compact car
 - c) large or mid-size car
 - d) small Sport Utility Vehicle (SUV) or van
 - e) large Sport Utility Vehicle (SUV) or van
13. When you go out with friends, how do you USUALLY get to your destination?
 - a) I walk
 - b) I ride my bike
 - c) I take public transportation (bus, subway, etc.)
 - d) I get a ride with one or more of my friends
 - e) My parents drive me or I drive myself
14. How many cars do members of your household have?
 - a) none
 - b) one
 - c) two
 - d) three
 - e) four or more
15. How many times a year do you fly in a plane?
 - a) once
 - b) twice
 - c) three
 - d) four
 - e) five or more times



Section Four: Lifestyle Choices

16. Do you buy clothes, shoes or other items just because you want them, even if you don't really need them?
 - a) no
 - b) yes

17. Do you use rechargeable or disposable batteries in your electronics?
 - a) I don't use batteries
 - b) rechargeable
 - c) disposable

18. Do you dispose of your used batteries appropriately?
 - a) I don't use batteries.
 - b) Yes, I make sure they go to the proper hazardous waste transfer station
 - c) No, I just throw them in the regular garbage.

19. When you shop for new clothes do you buy new or "previously owned" (i.e. used)?
 - a) I always buy "used" clothes.
 - b) Sometimes I buy new, other times I buy used.
 - c) I always buy new clothes.

20. When one of your electronic items breaks what do you usually do?
 - a) get it fixed
 - b) throw it away and go out and buy a used one
 - c) throw it away and go out and buy a new one



Appendix B:

My Eco-footprint Student Quiz: Answer Sheet

Question #	Answer	Score (Column 1)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL (Column 1)		

Question #	Answer	Score (Column 2)
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
TOTAL (Column 2)		
TOTAL (Columns 1 & 2)		

My Eco-footprint Student Quiz: Answer Sheet

Question #	Answer	Score (Column 1)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
TOTAL (Column 1)		

Question #	Answer	Score (Column 2)
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
TOTAL (Column 2)		
TOTAL (Columns 1 & 2)		



Appendix C: **My Eco-footprint Student Quiz: Scoring Guide**

<p>Section One: Diet and Food Choices</p> <p>Questions # 1 to 5:</p> <p>A = 1 point B = 2 points C = 3 points D = 4 points E = 5 points</p>	<p>Section Three: Transportation</p> <p>Questions # 11 to 15:</p> <p>A = 1 point B = 2 points C = 3 points D = 4 points E = 5 points</p>
<p>Section Two: Shelter/Home Life</p> <p>Questions # 6 to 8:</p> <p>A = 1 point B = 2 points C = 3 points D = 4 points E = 5 points</p> <p>Questions # 9 & 10:</p> <p>A = 1 point B = 5 points</p>	<p>Section Four: Lifestyle Choices</p> <p>Question # 16:</p> <p>A = 1 point B = 5 points</p> <p>Questions # 17 to 20:</p> <p>A = 1 point B = 3 points C = 5 points</p>

Score: 20 to 44

Congratulations! You are tip-toeing on the Earth in bare feet! You are doing better than most North Americans in terms of caring for our planet. While it is virtually impossible to leave no footprint on the planet, you are clearly doing your best to ensure that our planet will be a clean, healthy place for future generations to enjoy. Keep up the good work!

Score: 45 to 75

You're on your way to being an eco-friendly global citizen. Even with a score in this range, you are still doing better than the majority of North Americans – although that is no excuse not to try harder! If everyone on the planet – all six billion of us – lived like you, we would still need several planets to sustain us! We have only ONE however, so you should try harder to save resources. Look at the areas where you scored high points and think about what you can do to try and protect our planet for future generations and all the other species on this planet.

Score: 76 to 100

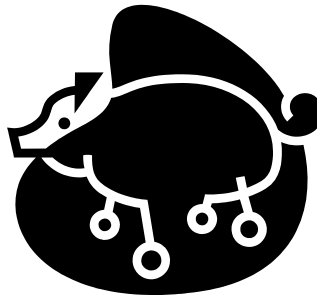
Whoa!!! You're stomping all over the Earth in size 15 combat boots!! Stopping hogging all the resources and ruining the planet for the rest of us! If everyone on the planet lived like you, we'd be in BIG trouble! Unfortunately however, you ARE like most North Americans, using the world's natural resources as if they will never run out. Newsflash! If we don't change – they will run out! Over the course of the next few days try to think of ways you can reduce your eco-footprint so the rest of the people on this planet and all the other animals that inhabit it, can enjoy clean air, water, and food.



Meat Production and the Environment

Inputs:

- Feed (i.e. corn, grain)
- Land for growing feed crops (loss of pastureland)
- Pesticides for growing feed crops
- Water for growing feed crops
- Energy for planting and harvesting feed crops
- Equipment for planting and harvesting feed crops
- Energy for processing feed crops into food for animals
- Energy for heating/cooling housing for animals
- Growth hormones
- Antibiotics and other medicines
- Water for the animals
- Transportation to slaughterhouses
- Energy to process meats



Outputs:

- manure (containing bacteria such as e-coli)
- methane gas
- waste: bones, unusable organs & tissues
- “Ready-to-cook” meat (percent of total body weight)
 - Pig: 58%
 - Cow: 56%
 - Chicken: 72%



Appendix E:

Electricity Use in Our Homes

Instructions:

1. In the first column list at least ten (10) ways that you use electricity in your homes.
2. For each of the electricity usages you have listed, think of at least one way you can reduce your electricity use. Write your ideas in the second column.

Ways we use electricity	Ways we can save electricity



Appendix F:

Gas Use in Our Homes & Vehicles

Instructions:

1. In the first column list at least ten (10) ways that you use gas in your homes and vehicles.
2. For each of the gas usages you have listed, think of at least one way you can reduce your gas use. Write your ideas in the second column.

Ways we use gas	Ways we can save gas



Appendix G:

Water Use in Our Homes

Instructions:

1. In the first column list at least ten (10) ways that you use water in your homes.
2. For each of the water usages you have listed, think of at least one way you can reduce your water use. Write your ideas in the second column.

Ways we use water	Ways we can save water



Appendix H:

Waste Production in Our Homes

Instructions:

1. In the first column list at least ten (10) ways that you produce waste in your homes.
2. For each of the ways which you produce waste that you have listed, think of at least one way you can reduce your waste (including alternatives to disposing of waste). Write your ideas in the second column.

Ways we produce waste	Ways we can reduce our waste



Appendix I:

Choices and Consequences

Think of six things that you recently purchased for your own personal use (even if someone else paid for it for you). Try to think of six DIFFERENT TYPES of items (in other words, don't list the titles of six CDs or DVDs you just bought).

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

For each of the items named above, list at least two problems with each product that may be detrimental or harmful to our environment. Consider all aspects of the product (i.e. ingredients, manufacturing, transportation, packaging, disposal, etc.)

Item	Problem One	Problem Two
1		
2		
3		
4		
5		
6		

Now, for each of the problems that you have listed above give at least one way that you could reduce the negative impact of such a purchase in the future.

Item	Alternative/Solution One	Alternative/Solution Two
1		
2		
3		
4		
5		
6		



Appendix J:

Get the Message Out!

You have been hired by a non-governmental organization named Greenpeace to produce materials that will encourage students in your high school to make responsible environmental choices to reduce their eco-footprints. Greenpeace has asked you to produce a print document that will address **AT LEAST TWO** of the following areas:

1. Food and Diet
2. Home Life
3. Transportation
4. Lifestyle Choices

The format of the print material is up to you. You may design a poster or a brochure.

Keep in mind that your audience is teenagers. Try to design your project to catch and keep their attention long enough to get your message across. Think about the posters and advertisements that you have seen and that effectively grabbed your attention. As a general rule, bold, colourful graphics are eye-catching. Avoid using too much writing – people will just ignore the poster/brochure if it looks like it will take too long or too much effort to read!

In order to receive payment for your work you must meet a basic minimum standard (Level One). They will pay you a bonus of \$100 for each level that you exceed beyond a Level One.

The standards are listed in the chart below:

	Level 4	Level 3	Level 2	Level 1
Content & Knowledge: 1. Information is accurate 2. Terms are used correctly (demonstrates understanding of vocabulary)	Exemplary	Good	Satisfactory	Some improvements needed
Creativity & Critical Thinking 1. Message is unique and attention-grabbing 2. Selected information is relevant to teenagers	Exemplary	Good	Satisfactory	Some improvements needed
Communication 1. Information and graphics are well-organized 2. Information is persuasive and appeals to teen audience	Exemplary	Good	Satisfactory	Some improvements needed
Application: 1. Information was used to create an effective brochure/poster 2. Appropriate connections between actions and consequences have been made	Exemplary	Good	Satisfactory	Some improvements needed