

Goal
You know the connection between eating habits and their ecological footprint.
You know ways to reduce the negative impact of food consumption on the environment.

Language Learning Goal
You can describe which resources the production of certain foods consumes.
You can promote ideas to change eating habits.

THE IMPACT OF OUR FOOD

When we eat an apple, not only do we consume the apple, but we also use up a variety of other resources that went into growing it - and a whole lot of them. In the case of an apple, it uses about 200 liters (or about 53 gallons) of water before it ends up in your stomach. And what about the fuel needed to get it to you?

- For this project, you will create short videos for your school website sharing concrete ideas on how to reduce our ecological food footprint.

YOUR ASSIGNMENTS

1 

From the list below, pick **five** food products that you frequently eat or drink.

Apples	Chocolate (dark)	Oatmeal
Avocados	Chocolate (milk)	Pasta
Bananas	Citrus fruit	Pork
Beans	Coffee	Potatoes
Beef	Eggs	Shrimp (farmed)
Berries and grapes	Fish (farmed)	Rice
Bread	Milk (almond)	Tea
Cheese	Milk (dairy)	Tofu
Chicken	Nuts	Tomatoes



Use the Climate Change Food Calculator

<https://www.bbc.com/news/science-environment-46459714> to research, which resources you consume in a year just by eating these foods.

Note: Extrapolate the amount according to your consumption on an annual basis.



FOOD	AMOUNT / YEAR	CO ₂ EMISSION	CORRESPONDS TO A DRIVE OF ... KM	NEEDS ... LITERS OF WATER
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THE IMPACT OF OUR FOOD

3 

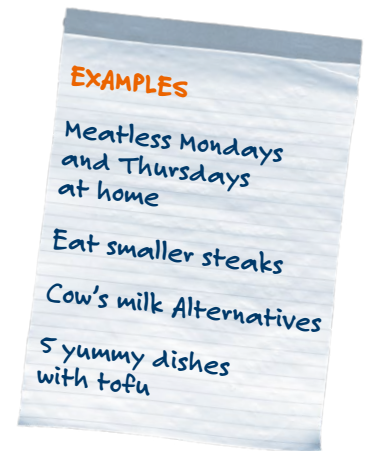
Meet up with the students in your work group for a video chat. Compare your results and discuss with each other:

- What surprised you? What was new to you?

Think about and research together:

- Which foods have a higher or a lower environmental impact?
- How do long delivery routes, methods of shipping, and packaging affect the environmental impact?

What specific ways exist for you to reduce the environmental impact of the foods you consume? Write them down.



4 

Choose one option from the ideas in the previous assignment on how you can reduce the environmental impact of food and create a video, which you can share on your school website to advocate for being more aware of our ecological food footprint.

Post your video with guidance from your teacher. Share the link with your partner class.

5 

Watch the videos created by other groups and comment on what you think about their ideas.