

### ACTIVITY 1: CARBON FOOTPRINT AND FOOD

**Using ‘high’, ‘medium’, and ‘low’, rank these food products based on what you think their carbon footprint is. What factors are you thinking about when you’re ranking these food products?**

- Apples \_\_\_\_\_
- Bananas \_\_\_\_\_
- Beef \_\_\_\_\_
- Beet sugar \_\_\_\_\_
- Cane sugar \_\_\_\_\_
- Coffee \_\_\_\_\_
- Dark chocolate \_\_\_\_\_
- Eggs \_\_\_\_\_
- Fish (farmed) \_\_\_\_\_
- Lamb & mutton \_\_\_\_\_
- Milk \_\_\_\_\_
- Nuts \_\_\_\_\_
- Oatmeal \_\_\_\_\_
- Palm Oil \_\_\_\_\_
- Pig meat \_\_\_\_\_
- Potatoes \_\_\_\_\_
- Poultry meat (Chicken) \_\_\_\_\_
- Rice \_\_\_\_\_
- Soy milk \_\_\_\_\_
- Tofu \_\_\_\_\_
- Wheat & Rhy \_\_\_\_\_

### ACTIVITY 2: WATER USAGE

**Think about the activities you and/or your family does in a day. Estimate how much water is used for each of those activities.**

### ACTIVITY 3: CASE STUDY

#### **Read the short story below:**

Johnny is a 16-year-old boy who is attending high school. He hears his alarm go off at 6 in the morning and hops in the shower to start his day. Johnny's shower lasts 25 minutes. Once he gets out of the shower, he brushes his teeth. Johnny leaves the water running as he is brushing his teeth, usually because he forgets to turn off the tap. Johnny lives less than 1 km away from his school, but his dad drops him off every morning, his dad's office is in the opposite direction.

Before school starts, Johnny has swim team practice, after practice he takes a shower to wash off the chlorine. Once Johnny has finished the first part of his day at school it is time for lunch. He pulls out his lunch bag and inside of it he has all his snacks in zip lock bags and a bag of ramen noodles. He makes his lunch and disposes of the plastic snack bags in the garbage.

This is a special day for Johnny because after school he gets to go and buy a new phone. He has only had his current phone for one year, but they just came out with a new iPhone and he has wants to upgrade. The mall is 3 km away, and he orders himself an Uber/taxi to get there. Annoyingly, traffic at the mall has been slow recently because they are finishing up a new bus terminal. Johnny also wants to buy some new t-shirts from some of his favourite stores including Forever 21 and H&M. A new store beside Forever 21 and H&M has just opened that is stocked with locally made clothing from recycled materials; the new store is slightly expensive.

After the mall, Johnny makes his way home where he requests that his parents make steak for dinner. Johnny loves meat and eats it almost every day. While his parents are making dinner, Johnny's dad asks him to go outside and water the flowers so he grabs the hose, turns it on and goes around the backyard to water all of the plants. Johnny does not turn off the hose until he has watered every plant, even though some of them are not close together.

After dinner, Johnny's job is to wash the dishes. He likes to leave the water running as he washes each dish instead of filling the sink. Once he has finished the dishes, Johnny gets ready for bed and brushes his teeth, once again leaving the water running the whole time. Once he has finished, Johnny sets up his new iPhone, throwing the old one in a junk drawer. Before going to sleep, Johnny plays some computer games. Once finished he only turns off his monitor and turns off a fan before going to sleep.

#### **Question:**

**After what you have learned in today's workshop, what can Johnny change about his daily routine to become more sustainable and environmentally conscious?**