

LESSON 3

Reducing our Carbon Foodprint



Food Vocabulary

Connect the picture to the word

Pork

Lentils

Beef

Lamb

Insects

Chicken



Carbon Foodprint Facts T/F

Watch the video and answer True(T) or False (F)

1. The Co2 emissions used to produce just 1kg of beef **T/F** is the same as burning 7 litres of petrol. **T/F**
2. 1 litre of milk uses 1050 litres of water. That's like flushing the toilet more than 100 times. **T/F**
3. 1 litre of oat milk uses 150 litres. **T/F**
4. Chickens produce around 6.9kgs of CO2 emissions per 1kg of meat. 5 times less than a cow. **T/F**

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Our Carbon Pawprint

What could Estrella have done with all that CO₂?

1. How many times could I go from London to Barcelona with the CO₂ produced from Estrella's carbon Paw Print?



2. How many times could we drive around the equator?



3. How many years could we heat a typical UK household?



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Interview Questions

For the full interview check our [YouTube page](#).

1) What made him decide to “go vegan?”

A: He took a month off animal products and felt great.

B: He hates leather shoes.

C: He saw the damage that had been done to the environment.

2) What’s his favourite vegan dish to make for other people?

A: Chips on the seafront.

B: Hot pumpkin soup.

C: Papaya salad.

3) What are Bob’s the three reasons to go vegan?

1)

2)

3)

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My Planet Promise

Write your planet promise below. Remember to send it in to the socials.

I,....., promise

#RenewableEnglish

CHALLENGE YOURSELF

Make a video: What can you do at home to reduce your Carbon Footprint?

Things to consider:

1. Where was it grown?
2. What can you do to reduce your consumption of animal products?
3. Don't forget to write a script and most importantly have fun.

Remember to tag us on the socials



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