

## LESSON 3

### Reducing our Carbon Foodprint



#### Food Vocabulary

Connect the picture to the word



Milk

Beef

Fruit

Chicken



Insects

Vegetables



#### 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. Seasonal calanders can help us reduce our carbon foodprint. **T/F**
3. 1 litre of milk uses 1050 litres of water. That's like flushing the toilet more than 100 times. **T/F**
4. 1 litre of oat milk uses 150 litres. **T/F**
5. 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 CO<sub>2</sub>?

1. How many times could I go from London to Barcelona with the CO<sub>2</sub> 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) Where does Bob live?**

- A: Australia
- B: Belgium
- C: Cambodia

**2) 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.

**3) What's his favourite vegan dish to make for other people?**

- A: Chips on the seafront.
- B: Hot pumpkin soup.
- C: Papaya salad.

**4) 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 .....**

#### CHALLENGE YOURSELF

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

Things to consider:

What's in season?

Where was it grown?

What can you do to reduce your consumption of animal products?

Don't forget to write a script and most importantly have fun.



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