

Ecological Footprint

Answer the following questions to determine your ecological footprint. Think carefully and be as accurate as possible.

Remember that an **ecological footprint** is the total area of productive land and water required to produce all the resources consumed, and to absorb all the wastes produced by that population, wherever on Earth the land may be located.

		<u>Answer</u>	<u>Score</u>
1	<p>Animal-based foods make up 43% of the calories for a typical American (e.g., beef, chicken, eggs, fish, pork, and dairy products). How often do you eat these products?</p> <p>a. Never.</p> <p>b. Infrequently (only a few times a week).</p> <p>c. Occasionally (once a day).</p> <p>d. Frequently (some animal-based products in every meal).</p> <p>e. A large part of every meal.</p>		
2	<p>The average American home throws out (due to spoilage, discarded leftovers, etc.) over 25% of all food purchased. How much of your school lunch do you throw out instead of eating? At home?</p> <p>a. None.</p> <p>b. About 5%.</p> <p>c. About 10%.</p> <p>d. About 25%.</p> <p>e. About 33%.</p> <p>f. About 50%.</p>		
3	<p>Large amounts of energy are spent just getting the foods that we eat to market. Consider how much of your food has been transported from a distance, processed, packaged and stored. Consider the difference of eating an apple picked from the local orchard or apple juice made with concentrate from Chile or Hungary. How much of the food your family buys is locally grown and purchased in season?</p> <p>a. None, only imported food for me, please.</p> <p>b. About 25%.</p> <p>c. About 50%.</p> <p>d. About 75%.</p> <p>e. Most of the food we purchase is fresh and locally grown.</p>		
4	<p>The average American car accumulates around 17000 miles per year. How many cars does your family own? Count 17000 miles per car and divide the total by the number of members in your family.</p> <p>a. 15000+ miles per year (300+ miles per week).</p> <p>b. 12000 – 15000 (250 miles per week).</p> <p>c. 9000 – 12000 (200 miles per week).</p> <p>d. 8000 – 9000 (170 miles per week).</p> <p>e. 5000 – 8000 (125 miles per week).</p> <p>f. 2000 – 5000 (75 miles per week).</p> <p>g. 2000 or less (40 miles per week or less).</p>		

5	Is your car large or small? How many miles per gallon does it get? a. More than 35 miles per gallon. b. 35-50 miles per gallon. c. 25-35 miles per gallon. d. 15-25 miles per gallon. e. Fewer than 15 miles per gallon.		
6	Americans spend 4.8 hours on commercial airliners each year. Think about vacations you have taken with your family. How many hours each year do you spend flying? a. 400 hours. b. 100 hours. c. 50 hours. d. 25 hours. e. 10 hours. f. 5 hours. g. 2 hours. h. Fewer than 2 hours. i. Never fly.		
7	How many people live in your home? _____		
8	In the United States, the average family house is approximately 2100 sq. ft. How big is your home? a. 10000 sq. ft. b. 5000 – 10000 sq. ft. c. 2500 – 5000 sq. ft. d. 1500 – 2500 sq. ft. e. 1000 – 1500 sq. ft. f. 500 – 1000 sq. ft. g. 500 sq. ft. or less.		
9	Is your home's electricity produced from wind, solar, or hydropower? a. Yes. b. No.		
10	Are energy efficient appliances and light bulbs used in your home? a. Always. b. Most of the time. c. Half of the time. d. Some of the time. e. Never.		
	Your teacher will give you a score based on each answer. Total your score. Add or subtract your total from 252 (depending on if you have a negative or positive answer). Divide the total by 10. This is your ecological footprint in acres.		

Once you have completed selecting your answers, determine your score for each question based on the scoring grid on the next page. Then follow the direction in the last row of the Ecological Footprint table above.

Results are only approximate, but this will give you an indication as to how earth-friendly your lifestyle is and how much of the earth you are using.

Scoring Grid for Teachers and Students

Question #	A	B	C	D	E	F	G	H	I
1	-53	-39	-24	0*	+20				
2	-20	-16	-12	0*	+5	+19			
3	+5	0*	-7	-12	-19				
4	+75	+36	+15	0*	-12	-36	-48		
5	-38	-31	-20	0*	+40				
6	+659	+211	+75	+33	+8	0*	-5	-7	-7
7	2 = +26	3 = -11	4 = -30	5 = -41	6 = -48	7 = -53	8 = -57	9 = -61	10 = -63
8	+341	+171	+64	0*	-25	-55	-68		
9	-21	0*							
10	-21	-15	-8	0*	+6				

***Zero equals the American average.**