

Our Ecological Footprint



Real World Ecosystems
Offline Calculator
Grade Level: 5-8

Name: _____

Use the following offline calculator to calculate your ecological footprint in square metres per year (m^2/y). Read each statement, and if they apply to you add the points on the line to the right, if the statement does not apply write a zero.

For each category (housing, water, food, transportation, garbage) add up all your points and put the total in the total footprint line. At the end of the activity, you will add all your totals and divide by 1000 to get hectares.

Housing Footprint

- | | |
|---|------------------|
| You live in an apartment. | 500 points_____ |
| You live in a house that shares at least one wall with another house. | 700 points_____ |
| You live in a two-bedroom house. | 1200 points_____ |
| You live in a three-bedroom house. | 1400 points_____ |
| You live in a house with four or more bedrooms. | 1800 points_____ |

Other Areas

- | | |
|--|-----------------|
| Add points for your school or office. | 400 points_____ |
| Add points if you regularly visit a park or other recreational area. | 400 points_____ |

Add all your points together in the housing category.

Total housing footprint: _____

Water Footprint

Showering and Bathing

You have a short shower (less than 5 minutes) every day.	35 points _____
You have a short shower every second day.	20 points _____
You have a long shower (more than 5 minutes) every day.	70 points _____
You have a bath every day instead of a shower.	105 points _____
You have a bath less than 3 times a week.	50 points _____

Brushing Teeth and Laundry

You leave the water running while you brush your teeth.	35 points _____
You only wear your clothes once and then put them in the laundry.	35 points _____
You wear your clothes more than once.	15 points _____

Add all your points together in the water category.

Total water footprint: _____

Food Footprint

You eat meat every day.	560 points _____
You eat meat between 3 - 6 times a week.	280 points _____
You are a vegetarian and never eat meat.	0 points _____
You eat milk, eggs, or cheese every day.	280 points _____
You eat milk, eggs or cheese between 3 - 6 times a week.	140 points _____
You never eat milk, eggs or cheese	0 points _____
You eat grains, cereals, or rice every day.	245 points _____
You eat grains, cereals, or rice between 3 - 6 times a week.	120 points _____
You eat fruits and vegetables every day.	140 points _____
You eat fruits and vegetables between 3 - 6 times a week.	70 points _____
You eat junk food every day.	350 points _____
You eat junk food between 3 - 6 times a week.	175 points _____
You never eat junk food.	0 points _____
You eat mostly locally grown food.	140 points _____
Half your food is locally grown and half is not.	350 points _____
None of your food is locally grown.	650 points _____

Add all your points together in the food category.

Total food footprint: _____

Transportation Footprint

Pick the way you get to school most often, three or more times a week.

- | | |
|--|------------------|
| You walk or bike to school every day. | 350 points_____ |
| You take the bus or public transportation every day. | 1400 points_____ |
| You carpool to school (more than 2 people in the car). | 1750 points_____ |
| You drive or are driven to school. | 3500 points_____ |

Add all your points together in the transportation category.

Total transportation footprint: _____

Garbage Footprint

- | | |
|--|-------------------------------------|
| You throw out two or fewer grocery bags of garbage at home each week. | 200 points_____ |
| You throw out more than two grocery bags of garbage at home each week. | 500 points_____ |
| You compost your food waste. | 0 points_____ |
| You don't compost your food waste. | 100 points_____ |
| You recycle. | 100 points_____ |
| You don't recycle. | 200 points_____ |
| You avoid excess packaging. | <i>Take Away</i> (-100 points)_____ |

Add all your points together in the garbage category.

Total garbage footprint: _____

Total Ecological Footprint

To get your total ecological footprint for one full year add together.

- Your total footprint for housing _____
- Your total footprint for water _____
- Your total footprint for food _____
- Your total footprint for transportation _____
- Your total footprint for garbage _____

Total m²: _____

Take the totals from each section (housing, water, food, transportation, garbage) and add them together.

Take the total m² and put the number in the first blank below. Do the final calculation and enter the result in the last blank.

_____ Total m² ÷ 1000 = _____ your ecological footprint in hectares.