Norway
grants

## The water footprint of our food

Thanks to the Internet, we can find out how much water is needed to grow an apple, 1 glass of milk, or a cup of tea.

| Food | Amount of water needed for its production |
| :--- | :--- |
| 1 kg bread | 16001 |
| 1 kg bananas | 7901 |
| 1 kg pasta | 18501 |
| 1 kg chocolate | 171961 |
| 1 kg cheese | 31781 |
| 1 kg chicken meat | 52001 |
| 1 hamburger | 24001 |
| 1 pizza | 12161 |
| 1 litre mineral water | 21 |

Pay attention to the weight of food - 1 slice of bread weighs about 60 g , a slice of cheese about $25 \mathrm{~g}, 1$ banana 150 g ,..

## Task No. 1

Breakfast - egg omelet from 3 eggs, 1 slice of bread and 3 slices of cheese. For drinking: a quarter liter of water, a cup of coffee and the juice of 3 oranges.

Write the ingredients needed to prepare breakfast:

Calculate the amount of water used:

Project: ACC03P30 „Awareness raising on climate change mitigation and adaptation among school pupils and the public". The project has been co-financed from the Norway Grants and from the State Budget of the Slovak Republic
Applicant: Spojená škola, Námestie sv. Martina 5, 90851 Holíč

Norway

Programme: „Climate Change Mitigation and Adaptation"
Lunch - chicken steak with rice and tomato salad.

Write the ingredients needed to prepare the lunch.

Calculate the amount of water used:

Dinner - 1 pizza

## Task No. 2

What was the water consumption for the whole day?

## Task No. 3

Write what you had for dinner and how much water was used?

