

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	1600 l
1 kg bananas	790 l
1 kg pasta	1850 l
1 kg chocolate	17 196 l
1 kg cheese	3178 l
1 kg chicken meat	5200 l
1 hamburger	2400 l
1 pizza	1216 l
1 litre mineral water	2 l

Pay attention to the weight of food - 1 slice of bread weighs about 60g, a slice of cheese about 25g, 1 banana 150g,...

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:

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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?