

Theme 1 "From planet to plate" work-it-out worksheet



TAKE A BITE OUT OF CLIMATE CHANGE

#TakeABiteAtHome

AT HOME



DID YOU KNOW?

Humans are putting greenhouse gases into the air, which is causing climate change.



Globally, producing food contributes more to climate change than transport. Food production causes about a quarter of climate change.



Forests are being cut down to clear land so we can grow more food.



Eating more plants, like vegetables and beans, and less meat and dairy will help fix climate change.

HANDS ON ACTIVITY

Your mission... is to compare the greenhouse gas emissions from food and cars.

You will need... a piece of paper, a pencil, colouring pencils. *Optional: toy person, toy car.*

What to do...

1. Draw a person, or draw a portrait of your toy. Draw a special ruler next to them that's like those on the next sheet.
2. An average person causes 6000 grams of greenhouse gas emissions (gCO₂e) each day because of the food they eat. Colour in the area between 0 and 6000 gCO₂e.
3. Draw a car and colour it in. Draw another ruler next to it.
4. Think of a short car journey you've done. Do you think it caused more or less greenhouse gases than a day of food?
5. Guess how many minutes your car journey took. Typically, every minute driving causes 165 gCO₂e. How many gCO₂e did your journey cause?
6. Find this number on your ruler, and colour or shade in up to this number. *Optional: drive your car along the ruler.*

7. Guess how many minutes you spend in the shower. Draw a picture of a shower and another ruler.
8. Typically, each minute in the shower causes 80 gCO₂e. How many gCO₂e does your shower cause?
9. Find this number on your ruler, and colour or shade in up to this number.
10. *Optional: Next time a grown-up boils a kettle, see how long it takes to boil. Each minute that a kettle is switched on, it causes 8 gCO₂e. How many gCO₂e are caused by boiling a kettle? How might this change if you put more water in the kettle?*

Bonus challenge... Get creative and design a poster to tell your family about how different activities contribute to climate change. What could you do to help reduce greenhouse gases from common activities? Design some reminders to stick up around the house!

We would love to see what you've created! Share using

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I WANT MORE

Take a look at these extra resources:

- NASA Climate Kids
<https://climatekids.nasa.gov>
- Video: "Why do we need to change our food system?"
<https://tinyurl.com/y8ocgakd>
- Book: "What is climate change"
<https://tinyurl.com/y8qdr4n>

Find all these links and more on our web page

<https://www.takeabitecc.org/athome>

WHO WE ARE

Hi, I'm Sarah, at the University of Manchester, with a background in astrophysics research, new to this topic 4 years ago, now on a mission to try to help reduce greenhouse gases from what we eat.



Online supporting video available 12pm Tuesday 2nd June.

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