

My Carbon Footprint Quiz

Directions: Read each of the questions below. For each question, record your answer on the numbered section of your footprint. THEN, color each "a" answer red, each "b" answer yellow, and each "c" answer green. FINALLY, on a separate sheet of paper, answer the analysis questions in complete sentences!

FOOD

1. What kind of food does your family eat?
 - a. ONLY store bought
 - b. A combination of store bought and locally grown (ex: farmer's markets, etc)
 - c. ONLY locally grown foods

2. How often does your family eat out or order food from a restaurant?
 - a. 2+ times per week
 - b. 1-2 times per week
 - c. Never

3. How much soda (or other canned beverages) do you drink?
 - a. 3+ cans per day
 - b. 1-2 cans per day
 - c. None

4. When you eat a meal, typically how much food is left on your plate?
 - a. Half of the food that I started with
 - b. A little of the food that I started with
 - c. None – I always clean my plate

5. In a typical day, how much meat do you eat?
 - a. At every meal
 - b. 1-2 meals per day
 - c. Never

6. In your lunch, how much food is wrapped in paper or plastic that gets thrown away?
 - a. All of it
 - b. Some of it
 - c. None of it

AROUND YOUR SHELTER:

7. When you leave a room, how often do you switch the lights off?
 - a. Never
 - b. Sometimes
 - c. Always

8. When you are done with a computer or television, do you....
 - a. Always leave the standby or sleep mode on
 - b. Sometimes leave the standby or sleep mode on
 - c. Never leave the standby or sleep mode on; I shut them off

9. Does your family recycle?
 - a. Never
 - b. Sometimes
 - c. Always

PERSONAL HYGEINE:

10. How long are the showers that you take?
- a. 7-10 minutes
 - b. 4-6 minutes
 - c. 1-3 minutes
11. Which best describes your method of brushing your teeth?
- a. I leave the water running the entire time
 - b. I put the water on intermittently
 - c. I use water at the beginning and end of brushing my teeth
12. How often does your family do laundry?
- a. Several times per week
 - b. Weekly (one day per week)
 - c. Once per month

LEISURE ACTIVITIES:

13. Think about your closet. Are your clothes:
- a. Only brand new clothing
 - b. Some second-hand or hand-me-down clothing
 - c. Almost all second-hand or hand-me-down clothing
14. What kind of car(s) does your family drive (choose the largest!)?
- a. SUV, van, or truck
 - b. Car
 - c. Hybrid or electric vehicle
15. In the sports and games you like to play, how much equipment do you need?
- a. A lot (jersey & pads, computers, other equipment is necessary, too)
 - b. Not so much (balls, hoops, game boards, etc)
 - c. None or very little
- ~~16. How much land was turned into a field, arena, pool, ski slopes and parking lots for the sports and games you participate in?~~
- a. Lots (more than the area of a football field)
 - b. Some (about the area of a football field)
 - c. None or very little
17. How do you get to school?
- a. Car
 - b. Bus
 - c. Walk or bike

For 18-24, think about how many of the items your family owns. Use the following answer scale:

- a. 3 or more b. 1-2 c. we don't have any

18. Cell phone

22. Refrigerator

19. TV

23. Snow machine, ATV, dirt bike, etc

20. DVD player

24. Boat with motor

21. Computer

My Carbon Footprint

By: _____

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