# My Carbon Footprint Quiz

<u>Directions:</u> 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:**

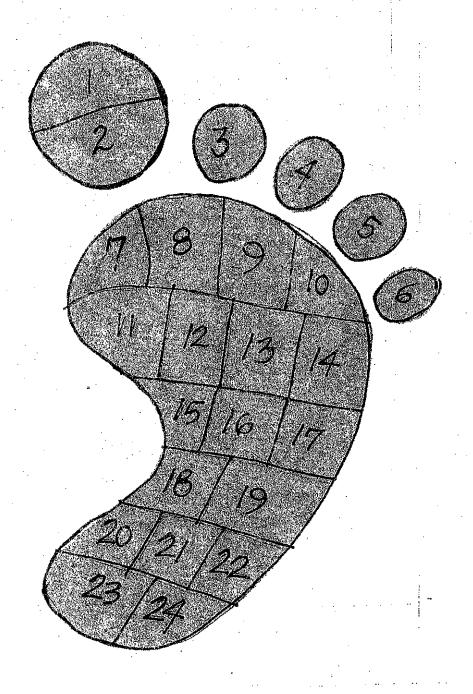
- 7. When you leave a room, how often do you switch the lights off?
  - a. Never
  - b. Sometimes
  - c. Always
- 8. When you are done with a computer or television, do you....
  - a. Always leave the standby or sleep mode on
  - b. Sometimes leave the standby or sleep mode on
  - c. Never leave the 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:

pirections: Read the questions on My Carbon Footprint Quiz. For each question, record your answer in the numbered section of the footprint. THEN, color each "a" answer red, each "b" answer yellow, and each "c" answer green. Last, answer the analysis questions on the back of the paper.



### **Analysis Questions:**

1. Record the number of red, yellow and green areas you have on your footprint.

2. In which areas would it be easy for you to become more "green"? Why?

3. In which areas would it be hard to become "greener"? Why?

4. Imagine you created a footprint that was completely green, how would you feel about your footprint?