

How much water do you eat?

Date: _____ Name: _____ Group: _____

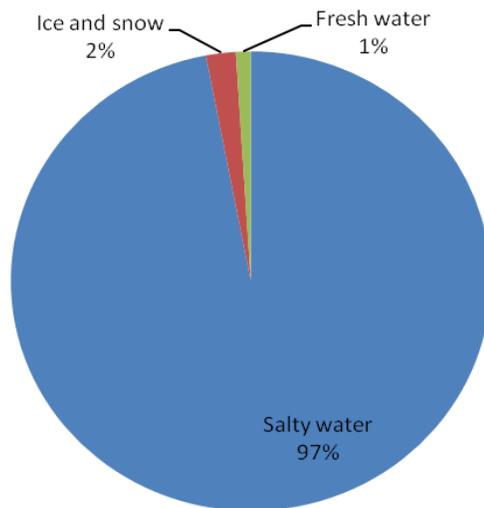
Q1. What are some of the sources of water on earth? Which ones contain fresh water and salt water? List them in the table below.



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Sources of Fresh Water	Sources of Salt Water

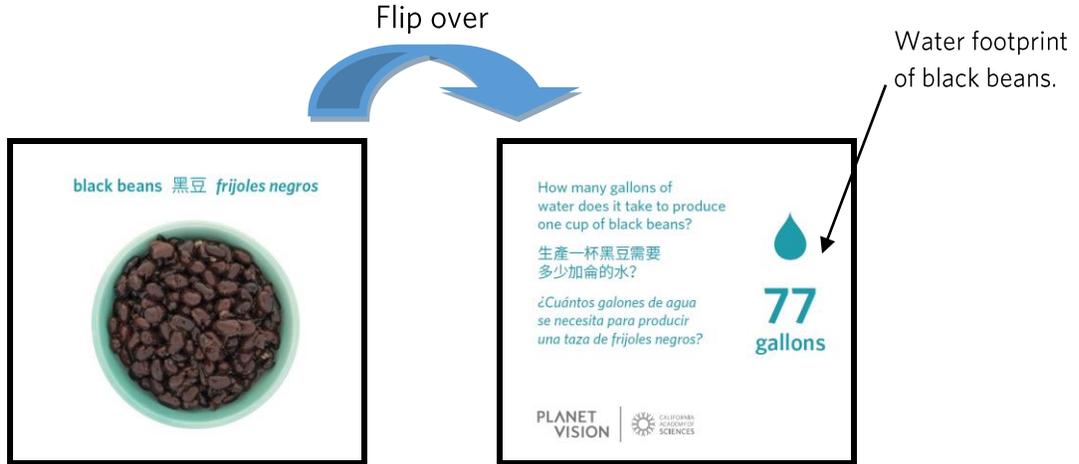
Distribution of Water on Earth



How much water do we eat?

Activity: Create a meal!!

In your group, create a meal using 5 food cards. *Water footprint of a food is the number of gallons of water that went into making that portion of food.*



Q2. Enter the food items and their respective water footprints (in gallons) in the table below.

#	Food Item name	Water footprint
1		
2		
3		
4		
5		
	Total water footprint	_____ Gallons

Q3. Discuss in your group (or with a partner):

a. Why does it take water to produce food?

b. Refer to the table below for the water footprint of different foods. What kinds of food can we choose to lower our water footprints?

Water footprints of foods

Small Water Footprint 少量水足迹 <i>Huella hídrica pequeña</i>  Choose Often 经常选择 <i>Elegir frecuentemente</i>	Medium Water Footprint 中量水足迹 <i>Huella hídrica mediana</i>  Choose Sometimes 有时选择 <i>Elegir a veces</i>	Large Water Footprint 大量水足迹 <i>Huella hídrica grande</i>  Choose Sparingly 极少选择 <i>Elegir con moderación</i>
Spinach 菠菜 <i>espinaca</i>	Egg 蛋 <i>huevo</i>	Beef 牛肉 <i>carne</i>
Bread 麵包 <i>pan</i>	Beans 豆類 <i>frijoles</i>	
Rice 大米 <i>arroz</i>	Cheese 芝士 <i>queso</i>	
Potato 土豆 <i>papa</i>	Pork 豬肉 <i>carne de puerco</i>	
Peanuts 花生 <i>cacahuete</i>	Chicken 雞肉 <i>pollo</i>	
Noodles 麵條 <i>fideo</i>		

Take Action - become a WATER WARRIOR!!!

It takes a ton of water to produce the food we eat every day. You could be saving a LOT of fresh water if you make a pledge to reduce the water footprint of **your diet**. By pledging to make one or more of these small changes from the items below, you can help save water for wildlife and humans, and become a WATER WARRIOR!

Be a Water Warrior!

Some foods use a lot of water while growing! Water Warriors choose their food carefully so that they have a smaller water footprint, which helps wildlife, like salmon, access the water and food they need to thrive.

Make a Water Warrior Pledge today!

- If you eat beef, what is a good alternative for you?
- If you buy meat regularly, how can you make more meals vegetarian?
- If you consume dairy, what are some ways to cut back?

做一位水戰士！

一些食物在生長時使用大量的水！水戰士謹慎地選擇食物，這樣他們的水足迹就越小。這有助於野生動物，比如三文魚，可以獲得它們需要的水和食物。

今天做一個水戰士誓言！

- 如果你吃牛肉，什麼是一個很好的替代選擇呢？
- 如果你經常買肉，你如何能做更多的素食餐？
- 如果你食用乳製品，有什麼方法可以減少食用？

¡Ser un Guerrero de Agua!

¡Algunos alimentos utilizan mucha agua mientras crecen! Guerreros de agua eligen sus alimentos con cuidado para tener una huella más pequeña de agua, que ayuda a la flora y fauna, como el salmón, el acceso al agua y los alimentos que necesitan para prosperar.

¡Haz un Compromiso de Guerrero de Agua Hoy!

- *Si comen carne, ¿qué es una buena alternativa para ustedes?*
- *Si compran carne regularmente, ¿cómo pueden preparar más comidas vegetarianas?*
- *Si consumen productos lácteos, ¿cuáles son algunas maneras para reducir?*