

# The Ecological Footprint

## MEASURES

how fast we consume resources and generate waste



Source: <https://www.footprintnetwork.org/our-work/ecological-footprint/>

## 10 tips to reduce your ecological food footprint

- 1** Reduce food waste
- 2** Compost food waste
- 3** Cook leftovers
- 4** Eat local
- 5** Eat seasonal fruits and vegetables
- 6** Growing your own veggies
- 7** Eat less meat and dairy products
- 8** Focus on fish from sustainable fisheries
- 9** Reduce kitchen waste
- 10** Eat less highly-processed foods

Source: <https://www.arcticgardens.ca/blog/earth-day-tips-to-reduce-ecological-food-footprint/>

**Task 1:** Watch the videos explaining the ecological footprint:

<https://www.youtube.com/watch?v=fiyxtem7s74>

<https://www.youtube.com/watch?v=eb7Lqj48IKo>

<https://www.youtube.com/watch?v=p9cCFBcVRO4>

**Write an essay (160 – 260 words) on ecological footprint.**

- State your opinion if it is even possible for humans to live sustainably.
- How individuals can change and reduce their ecological footprints.
- Suggest what 2 critical changes should be made by governments to lessen the intensity of resources consumption.

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.