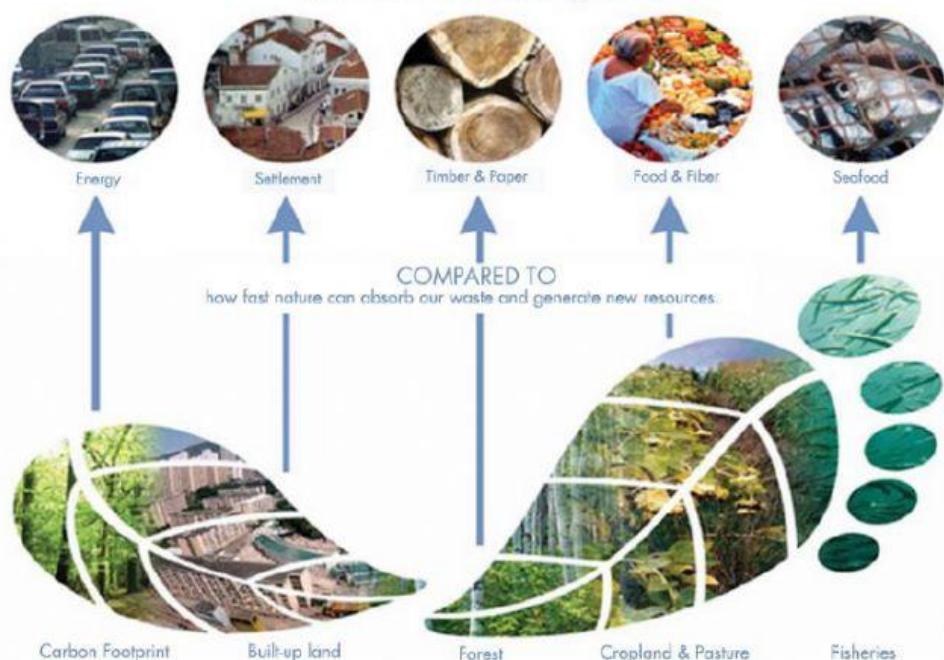


The Ecological Footprint

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	6	Growing your own veggies
2	Compost food waste	7	Eat less meat and dairy products
3	Cook leftovers	8	Focus on fish from sustainable fisheries
4	Eat local	9	Reduce kitchen waste
5	Eat seasonal fruits and vegetables	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=pgcCFBcVRO4>

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.