

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=eb7L9j48IKo>

<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.

[illegible]