

# Weekly Food Log: How Green is Your Foodprint?

Name: \_\_\_\_\_

Date: \_\_\_\_\_



Did you know that the food you eat can help keep you healthy? Did you know that the food you eat can also help keep the planet healthy? When food is grown, harvested, shipped and then cooked, energy is used and greenhouse gases are usually emitted. Large amounts of greenhouse gases can make the planet hotter, which is bad for its health.

In this book you will write down what you eat each day and learn what color your foodprint is for different meals. Your foodprint shows how the food you choose to buy and eat can help protect the planet.

- A **green foodprint** means the food you eat has a smaller impact on the planet, so helps keep it healthy.
- A **red foodprint** is used for foods that can heat the planet the most.
- A **yellow foodprint** is used for foods in-between, they have more impact than green foods, but are healthier for the planet than red foods.

It is okay to eat foods in the red category, but try not to eat them too often. Remember, the foods in the green category are good for your health and the planet!

## Red

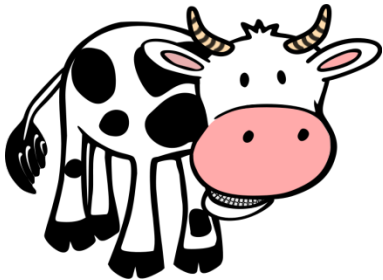


These foods have a large impact on the planet:

### 1. Lamb/Goat



### 2. Beef



## Yellow



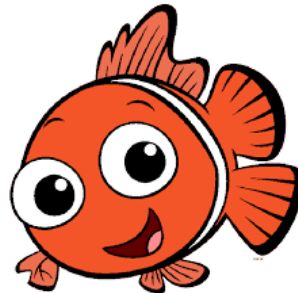
These foods have a medium impact on the planet:

### 3. Pork

### 4. Turkey/chicken



### 5. Fish



### 6. Eggs

## Green



These foods have a small impact on the planet:

### 7. Potatoes

### 8. Rice/Pasta/Bread

### 9. Nuts



### 10. Beans/tofu

### 11. Milk

### 12. Fruit/vegetables



Foods are listed in order from highest to lowest impact on the planet, based on the total impact of one kilogram of each food.

# Monday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

# Tuesday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

# Wednesday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

# Thursday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

# Friday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	



# Saturday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

# Sunday

Meal	Color Foodprint
<b>Breakfast:</b>	
<b>Lunch:</b>	
<b>Dinner:</b>	
<b>Snacks:</b>	

## Review Questions

*Answer the following questions at the end of each week after you have filled in your food log.*

1. What is the total number of foods in your log this week?
2. How many foods with green foodprints did you eat this week?
3. How many foods with red foodprints did you eat this week?
4. What fraction of the foods you ate this week has a green foodprint?
5. What fraction of the foods you ate this week has a red foodprint?
6. What could you do to make the fraction of foods with a green foodprint higher?

### **For more information:**

1. [http://static.ewg.org/reports/2011/meateaters/pdf/methodology\\_ewg\\_meat\\_eaters\\_guide\\_to\\_health\\_and\\_climate\\_2011.pdf](http://static.ewg.org/reports/2011/meateaters/pdf/methodology_ewg_meat_eaters_guide_to_health_and_climate_2011.pdf)
2. Berners-Lee, Mike. "How Bad are Bananas? The Carbon Footprint of Everything." Greystone Books. 2011.
3. The Union of Concerned Scientists. "Cooler Smarter: Practical Steps for Low-Carbon Living." Island Press. 2012.