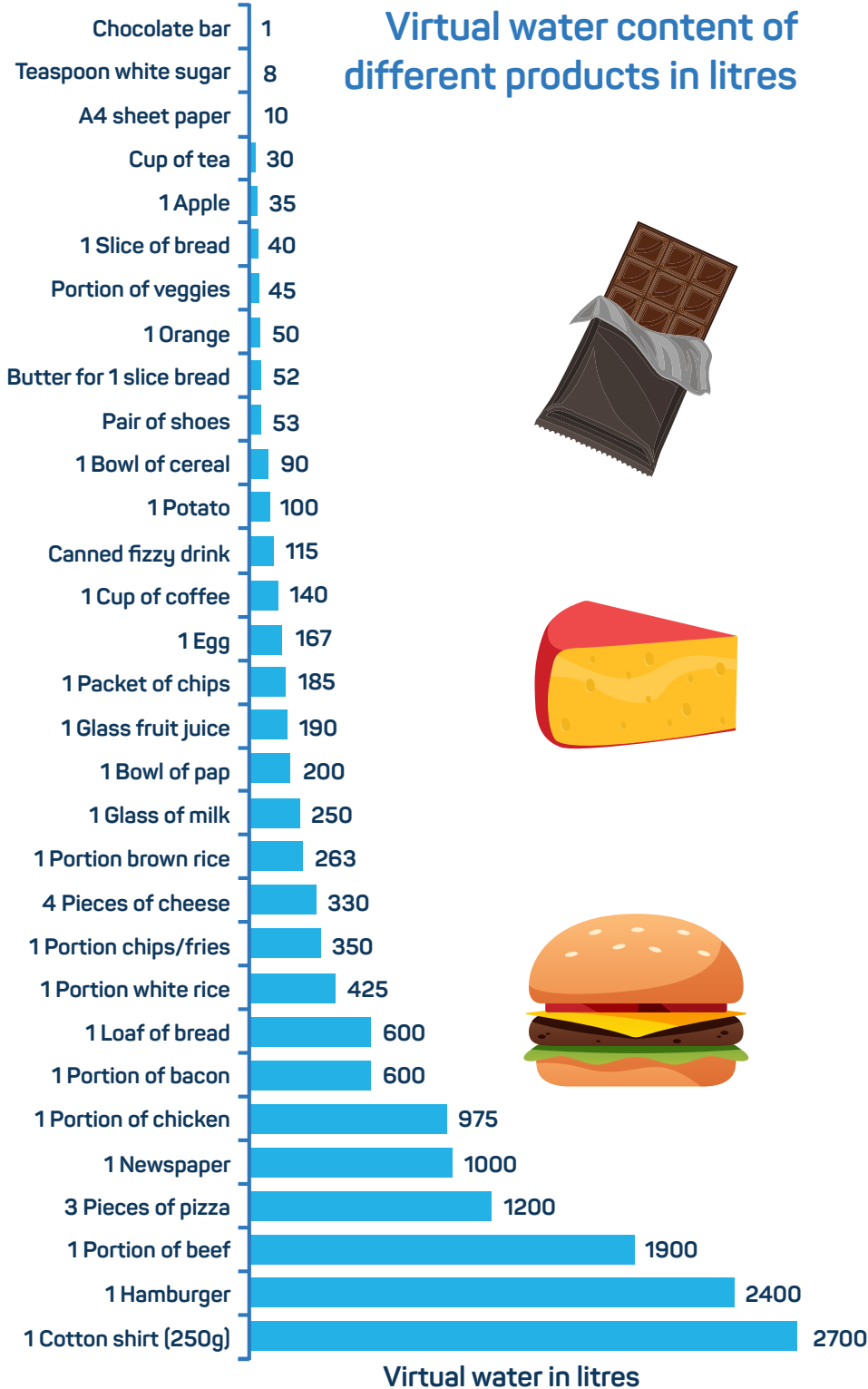


Virtual Water and your Water Footprint

Name: _____

Date: _____

Virtual water content of different products in litres



Water Footprint

This is the total amount of water that you use in your daily life. It includes the "direct" water use in your home plus the "hidden" water used to produce your goods and services.

Virtual Water

This is the amount of "hidden" water used to produce a product (e.g. a chocolate bar) or a service from start to finish.

BREAKFAST MENU

Fill in the virtual water needed to make the items that you choose to have for Sunday breakfast.

1 glass fruit juice = _____ litres

A bowl of pap = _____ litres

1 egg = _____ litres

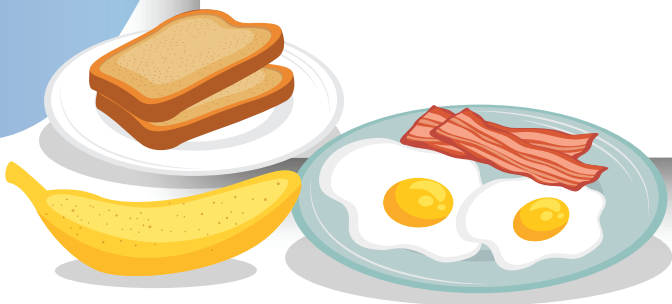
1 portion of bacon = _____ litres

A slice of bread = _____ litres

Butter for 1 slice = _____ litres

A cup of coffee = _____ litres

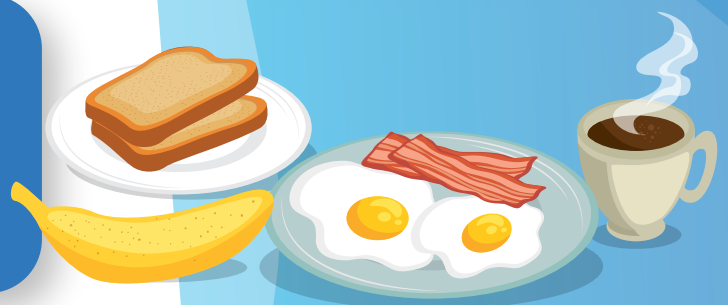
Total = _____ litres



Water Wise Choices

1. What do you eat for Sunday breakfast? Use the graph on the previous page to enter the virtual water content of your meal on the breakfast menu.
2. Compare the virtual water content of your whole Sunday breakfast to that of one hamburger.
3. How much virtual water goes into making one cotton shirt weighing 250g? _____ litres
4. What if you had to add up the amount of virtual water of all the products and services that you use in one day, i.e. the food you eat; the clothes you wear; the things you use, and the direct water you use for drinking, washing, etc.? All this water added together would be your water footprint for one day. The world average is about 3 400 litres of water per person per day! Can you work out your water footprint?
5. How can you reduce your water footprint? Can you change your eating habits? Is it better to eat more healthy food, or fast food? How does this affect your health and your water footprint?

By eating healthy food and buying fewer products, you are being Water Wise.



Credit: Activity per kind permission of the EnviroKids Magazine (Vol. 30(1), 2009), produced by the Wildlife and Environment Society of South Africa.