

Ecological Footprint Reflection

Food

What food did your class have for lunch today?

Food Consumed at Lunch	# of Servings (tally)
Meat alternatives	
Meat	
Fruit/Vegetables	
Grain Products	
Dairy Products	
Other	

1) Which food groups do you think contribute to a larger Ecological Footprint? Why?

2) What kinds of foods were in the "other" category?

3) What relationship do you see between the "other" category and foods that contribute to larger ecological footprints?

4) What are some ways you could reduce your Food Footprint?
