FOOD AND ITS ENVIROMENTAL IMPACT

INTRODUCTION:

Our nutrition has a price (which is not only monetary but also environmental); indeed ⅓ of the European environmental pollution is caused by food production.
Not coincidentally our food system is responsibles for a part (about 30%) of the emission of greenhouse gases.
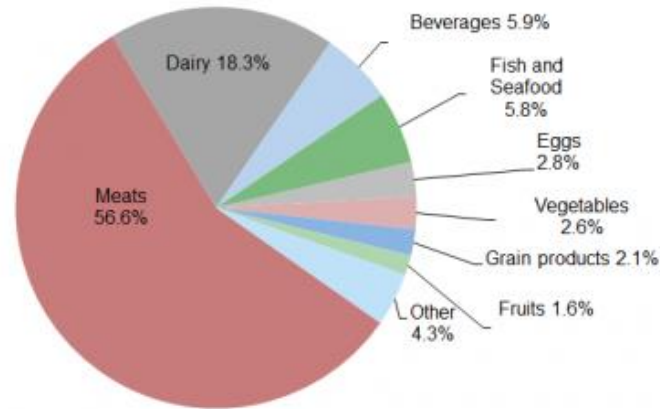

Photo by: center for sustainable systems-University of Michigan

THE PRINTS:

The "footprints" released by food as an environmental impact are:

-water footprint: indicates how much FRESH water is used, and polluted, to produce a single food.

-carbon footprint: indicates the greenhouse gas emissions along the food chain of a type of food; this is measured in grams of CO_2.

-ecological footprint: represents the measure of the amount of land / sea used and the ability to regenerate it.

WHICH IS THE BIGGEST DAMAGE CAUSED BY FOOD?

It is obviously the water footprint. Examining information and investigations about the production chain, we noticed that on the top of the rank there are groceries from animals, because they require more quantities of water than other types of food, especially for the productions of meat and poultry; in second place we find vegetables, which have an environmental impact, too.
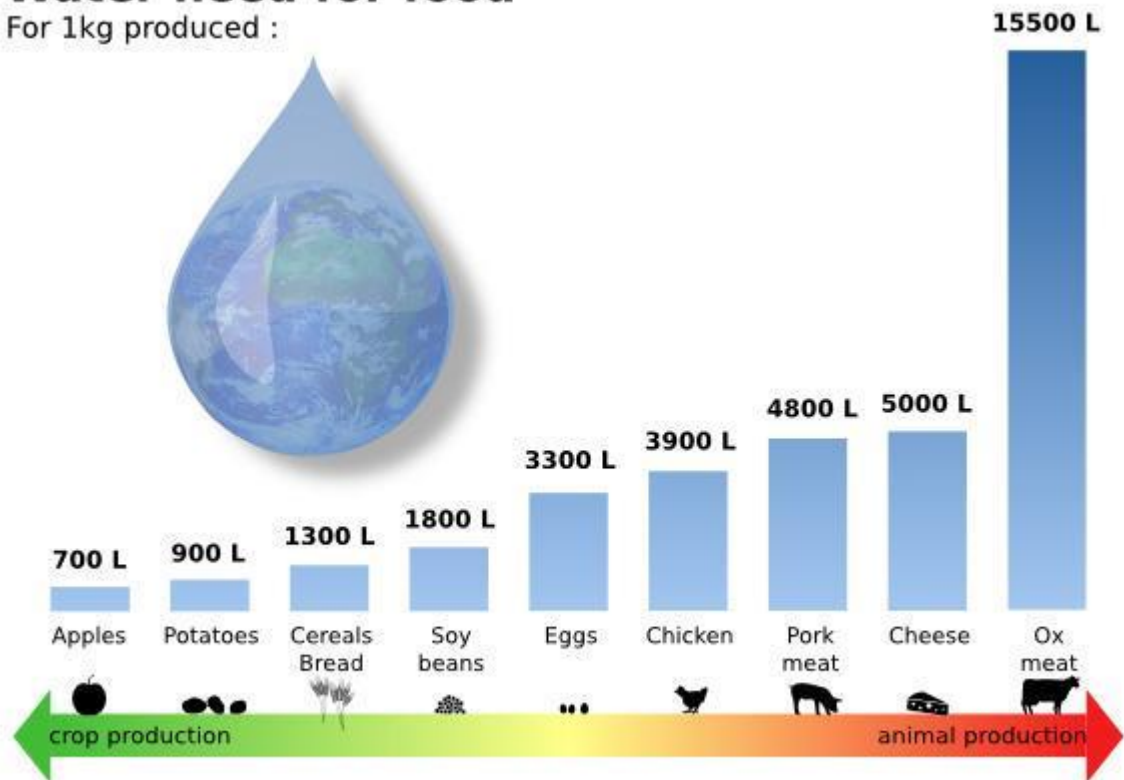
For example:
according to data from the Barilla Center for Food and Nutrition (BCFN) Foundation, about 19,525 liters of water are consumed to obtain one kilogram of beef, while 335 liters are enough for one kilogram of seasonal vegetables.

Water need for food

For 1kg produced :

Apples — 700 L
Potatoes — 900 L
Cereals Bread — 1300 L
Soy beans — 1800 L
Eggs — 3300 L
Chicken — 3900 L
Pork meat — 4800 L
Cheese — 5000 L
Ox meat — 15500 L

crop production → ← animal production

Source : Water Foot Print http://www.waterfootprint.org/?page=files/productgallery

Diagram www.L214.com

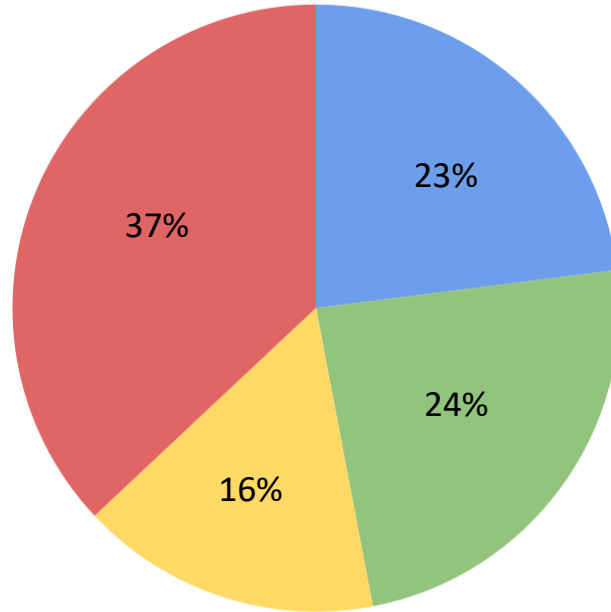# ADVICES TO REDUCE THE ECOLOGICAL IMPACT OF FOOD:

1. TRY TO BUY MORE PRODUCTS NEAR WHERE YOU LIVE

2. EAT LESS MEAT

3. BUY/EAT MORE ORGANIC FOOD

4. DRINK WATER FROM THE FAUCET

5. DISPOSE OF COOKING OIL IN THE CORRECT WAYS

6. AVOID FOOD WASTE

4^A ENVIRONMENTAL IMPACT :

AVERAGE FOOTPRINT OF CLASS 4^A

- 🔵 home
- 🟢 stuff
- 🟡 food
- 🔴 travel

From this graph we can see that overall our class has a low percentage of food impact.
The lowest percentage referred to a single student is around 6%, whereas the highest percentage is around 28%.