

# Guess your Food's Water Footprint Game

## Introduction:




Our water footprint measures the volume of freshwater used to provide the goods and services we consume. **Direct water use** is the water that we can see when we consume it, through drinking, washing, gardening, and daily activities. **Indirect water use** refers to the water required for the production and supply of the products and services we use. Together, this consumption is called a **water footprint**.

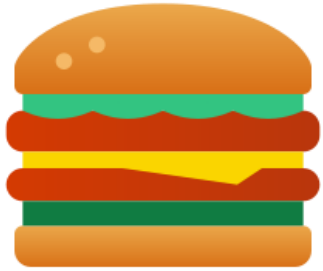
As climate change intensifies, water shortages and drought may become more severe. **Reducing our water footprint** through sustainable consumption and water conservation can support **climate resilience**.

Let's learn about how much water is required to get food on our plate and which options may be more water conscious!

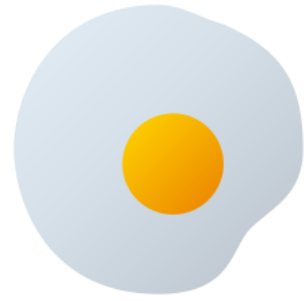
## Instructions:

1. Print out the cards double sided and cut them out
2. Shuffle the cards into a deck or lay them out with the food icon side facing up
3. Guess the number of water droplets representing the amount of water that the food uses to be produced and flip the card over to check

		
Low Water Consumption (<75 L)	Moderate Water Consumption (75-285 L)	High Water Consumption (>285 L)



Hamburger



Eggs



Chocolate Bar



Almonds



Cheese



Rice



Coffee



Apple



2 large eggs  
= 371 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 hamburger  
= 2,498 L of water

Source: [watercalculator.org](http://watercalculator.org)



A handful of almonds  
(1oz) = 457 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 chocolate bar  
= 732 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 bowl of rice (8oz)  
= 552 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 block of cheese (8oz)  
= 720 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 apple  
= 154 L of water

Source: [watercalculator.org](http://watercalculator.org)

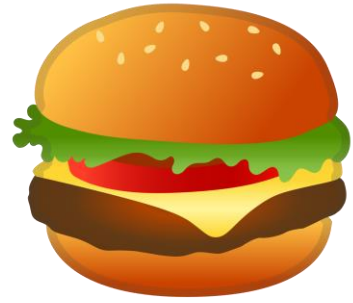


1 cup of coffee (8oz)  
= 250 L of water

Source: [watercalculator.org](http://watercalculator.org)



Bacon



Veggie Burger



Milk



Oatmeal



Pasta



Pizza



Tomato



Cucumber



1 veggie (soy) burger  
= 1,173 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 serving of bacon (4oz)  
= 681 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 bowl of oatmeal (8oz)  
= 576 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 glass of milk (8oz)  
= 242 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 slice of pizza (2oz)  
= 101 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 serving of pasta (4oz)  
= 212 L of water

Source: [watercalculator.org](http://watercalculator.org)



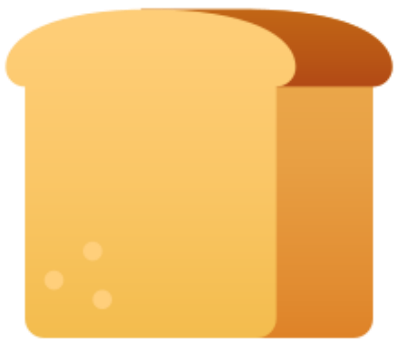
1 serving of cucumber  
(4oz)  
= 42 L of water

Source: [watercalculator.org](http://watercalculator.org)

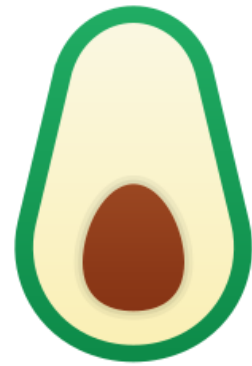


1 tomato (4oz)  
= 23 L of water

Source: [watercalculator.org](http://watercalculator.org)



Bread



Avocado



Tofu



Carrot



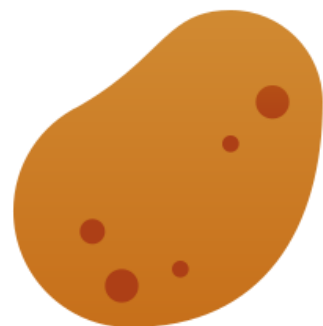
Lettuce



Strawberry



Orange



Potato



1 avocado (5oz)  
= 165 L of water

Source: [watercalculator.org](http://watercalculator.org)



2 pieces of bread (2oz)  
= 91 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 large carrot (2oz)  
= 17 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 block of tofu (16oz)  
= 1,152 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 strawberry (1oz)  
= 9 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 head of lettuce  
(10oz)  
= 65 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 potato (6oz)  
= 51 L of water

Source: [watercalculator.org](http://watercalculator.org)

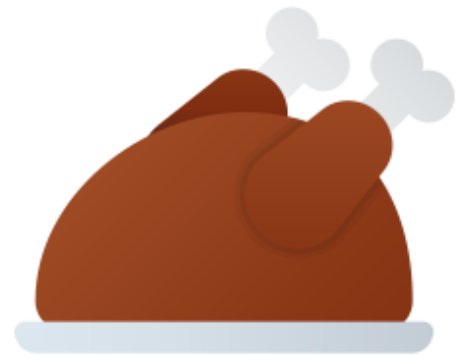


1 orange (2oz)  
= 32 L of water

Source: [watercalculator.org](http://watercalculator.org)



Butter



Chicken



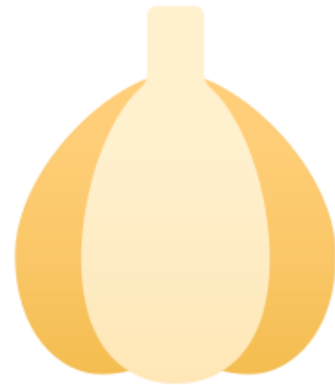
Orange Juice



Banana



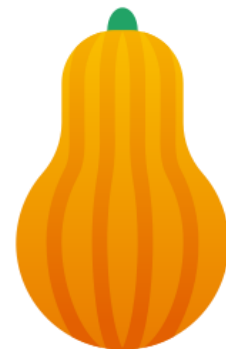
Chickpeas



Garlic



Grapes



Squash





1 chicken (64oz)  
= 7,872 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 block of butter (4oz)  
= 632 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 banana (4oz)  
= 91 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 glass of orange juice  
(8oz)  
= 242 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 garlic (3oz)  
= 41 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 serving of chickpeas  
(4oz)  
= 155 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 serving of squash (4oz)  
= 38 L of water

Source: [watercalculator.org](http://watercalculator.org)



1 serving of grapes  
(4oz)  
= 68 L of water

Source: [watercalculator.org](http://watercalculator.org)