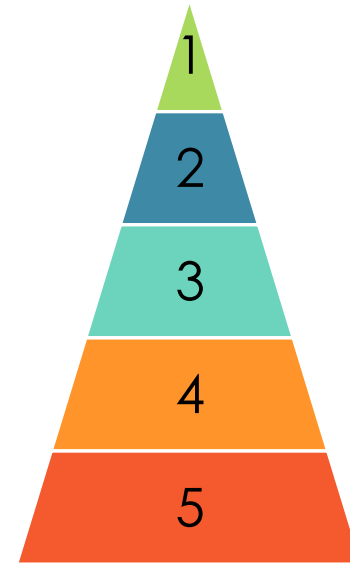




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Key

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Rank:
1



2.0 Kg CO₂e

Overall carbon footprint emitted by eating a kilogram of food

Vegetables, fruits and beans have low carbon footprints (≤ 2.0 Kg CO₂e). If you move towards a mainly vegetarian diet, you can have a large impact on your personal carbon footprint. Advice on healthy diets to ensure a balanced supply of proteins, zinc and iron from beans, lentils, nuts, wholegrains and a variety of vegetables.

Source: Environmental Working Group's Meat Eaters Guide (2011)
<https://www.ewg.org/meateaters/guide/>

Directions:

Game created by
Aberdeen Climate
Action (ACA)

Source of information:
Environmental Working Group's
Meat Eaters Guide (2011)
<https://www.ewg.org/meateaters/guide/>

Rank the different types of **food** from 1 (least) to 5 (most) based on the amount of greenhouse gases emitted by:

- Beef
- Cheese
- Chicken
- Tuna fish
- Vegetables

Discuss with your group what types of food have the lowest and highest carbon footprints and why.