

## **Ecological Foot Print Quiz**

*Answer each question using the answer document provided to you by the teacher. You will record the value on the document not the letter choice.*

### **Water Use**

**1. My Shower (or bath) on a typical day is:**

- No shower = 0 pts.
- Short Shower, 3-4 times a week = 25 pts.
- Short Shower once a day = 50 pts.
- Long Shower once a day = 70 pts.
- More than 1 shower a day = 90 pts.

**2. I flush the toilet:**

- a. Every time = 40 pts.
- b. Sometimes = 20 pts.

**3. When I brush my teeth:**

- a. I let the water run = 40 pts.
- b. I don't let the water run = 0 pts.

**4. We Use water-saving toilets:**

- a. Yes = --20 pts.
- b. No = 0 pts.

**5. We use low-flow showerheads:**

- a. Yes = --20 pts.
- b. No = 0 pts.

### **Food Uses**

**1. On a typical day, I eat:**

- Meat more than once per day = 600 pts.
- Meat once per day = 400 pts.
- Meat a couple times a week = 300 pts.
- Vegetarian = 200 pts.
- Vegan = 150 pts.

**2. All of my food is grown locally or is organic:**

- a. Yes = --20 pts.
- b. No = 0 pts.

**3. I compost my fruit/vegetable scraps and peels:**

- a. Yes = --10 pts.
- b. No = 0 pts.

**4. Most of my food is processed:**

- a. Yes = 20 pts.
- b. No = --20 pts.

**5. Little of my food has packaging:**

- a. Yes = --20 pts.
- b. No = 0 pts.

## Transportation Uses

1. **On a typical day, I travel by:**
  - a. Foot or bike = 0 pts.
  - b. Public transit/school bus = 30 pts.
  - c. Private vehicle, carpool = 100 pts.
  - d. Private vehicle, 1 person = 200 pts.
2. **Our vehicle's fuel efficiency is:**
  - a. More than 30 mpg = --50 pts.
  - b. 24-30 mpg = 50 pts.
  - c. 17-23 mpg = 100 pts.
  - d. Less than 17 mpg = 200 pts.
3. **The time I spend in a vehicle on a typical day is:**
  - a. No time = 0 pts.
  - b. Less than 30 minutes = 40 pts.
  - c. 30 minutes to 1 hour = 100 pts.
  - d. More than 1 hour = 200 pts.
4. **How big is the car in which I travel on a typical day:**
  - a. No car = --20 pts.
  - b. Small = 50 pts.
  - c. Medium = 100 pts.
  - d. Large (SUV) = 200 pts.
5. **Number of cars in our driveway:**

No car = --20 pts.  
Less than 1 car per driver = 0 pts.  
One car per driver = 50 pts.  
More than 1 car per driver = 100 pts.  
More than 2 cars per driver = 200 pts.
6. **Number of flights I take per year:**
  - a. Zero = 0pts.
  - b. 1-2 = 50 pts.
  - c. More than 2 = 100 pts.

## Food Uses Continued

1. **On a typical day, I waste:**
  - a. None of my food = 0 pts.
  - b.  $\frac{1}{4}$  of my food = 25 pts.
  - c.  $\frac{1}{3}$  of my food = 50 pts.
  - d. Half of my food = 100 pts.
2. **On a typical day, I eat:**
  - a. Meat more than once per day = 600 pts.
  - b. Meat once per day = 400 pts.
  - c. Meat a couple times a week = 300 pts.
  - d. Vegetarian = 200 pts.
  - e. Vegan = 150 pts.
  - f.
3. **All of my food is grown locally or is organic:**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
4. **I compost my fruit/vegetable scraps and peels:**
  - a. Yes = --10 pts.
  - b. No = 0 pts.
5. **Most of my food is processed:**
  - a. Yes = 20 pts.
  - b. No = --20 pts.
6. **Little of my food has packaging:**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
7. **On a typical day, I waste:**
  - a. None of my food = 0 pts.
  - b.  $\frac{1}{4}$  of my food = 25 pts.
  - c.  $\frac{1}{3}$  of my food = 50 pts.
  - d. Half of my food = 100 pts.

## Shelter

1. **My house is:**
  - a. Single house on large lot = 50 pts.
  - b. Single house on small lot = 20 pts.
  - c. Townhouse/attached house = 0 pts.
  - d. Apartment = --50 pts.
2. **Divided the number of rooms in the house (no baths) by the number of people living at the home:**
  - a. 1 room per person or less = --50 pts.
  - b. 1-2 rooms per person = 0 pts.
  - c. 2-3 rooms per person = 100 pts.
  - d. More than 3 rooms per person = 200 pts.
3. **We own a second or vacation home that is often empty:**
  - a. Yes = 200 pts.
  - b. No = 0 pts.

## Energy Use

1. **In cold months, our house temperature is:**
  - a. Under 59°F = --20 pts.
  - b. 59°-64°F = 50 pts.
  - c. 66°-71°F = 100 pts.
  - d. More than 71°F = 150 pts.
2. **We dry clothes outdoors or on an indoor rack:**
  - a. Always = --50 pts.
  - b. Sometimes = 20 pts.
  - c. Never = 60 pts.
3. **We use an energy-efficient refrigerator**
  - a. Yes = --50 pts.
  - b. No = 50 pts.
4. **We have a second refrigerator/freezer**
  - a. Yes = 100 pts.
  - b. No = 0 pts.
5. **We use 5 or more compact fluorescent light bulbs:**
  - a. Yes = --50 pts.
  - b. No = 100 pts.
6. **I turn off lights, computers and televisions when they're not in use:**
  - a. Yes = 0 pts.
  - b. No = 50 pts.
7. **To cool off, I use:**
  - a. Air conditioning in a car = 50 pts.
  - b. Air conditioning in a home = 100 pts.
  - c. Electric fan = --10 pts.
  - d. Nothing = --50 pts.
8. **My clothes washer is a:**
  - a. Top load = 100 pts.
  - b. Front load = 50 pts.
  - c. Laundromat = 25 pts.

## Clothing

- 1. I change my outfit every day and put it in the laundry:**
  - a. Yes = 80 pts.
  - b. No = 0 pts.
- 2. I am wearing clothes that have been mended or fixed**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
- 3.  $\frac{1}{4}$  or more of my clothes are handmade or secondhand:**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
- 4. Most of my clothes are purchased new each year:**
  - a. Yes = 200 pts.
  - b. No = 0 pts.
- 5. I give the local thrift store clothes that I no longer wear:**
  - a. Yes = --50 pts.
  - b. No = 100 pts.
- 6. I never wear \_\_\_\_\_% of the clothes in my closet:**
  - a. Less than 25% = 25 pts.
  - b. 50% = 50 pts.
  - c. 75% = 75 pts.
  - d. More than 75% = 100 pts.
- 7. I buy \_\_\_\_\_ new pairs of shoes every year:**
  - a. 0-1 = 0 pts.
  - b. 2-3 = 20 pts.
  - c. 4-6 = 60 pts.
  - d. 7 or more = 90 pts.

## Stuff I Use

- 1. All my garbage from today could fit into a:**
  - a. Shoebox = 20 pts.
  - b. Small garbage can = 60 pts.
  - c. Kitchen garbage can = 200 pts.
  - d. No garbage created today = --50 pts.
- 2. I recycle all my paper, cans, glass and plastic:**
  - a. Yes = --100 pts.
  - b. No = 0 pts.
- 3. I reuse items rather than throw them out:**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
- 4. I repair items rather than throw them out:**
  - a. Yes = --20 pts.
  - b. No = 0 pts.
- 5. I avoid disposable items as often as possible:**
  - a. Yes = --50 pts.
  - b. No = 60 pts.
- 6. I use rechargeable batteries whenever I can:**
  - a. Yes = --30 pts.
  - b. No = 0 pts.
- 7. In my home, we have \_\_\_\_\_ number of electrics? (computer, TV, stereo, VCR, DvD, Xbox, Gameboy, etc)**
  - a. 0-5 = 25 pts.
  - b. 5-10 = 75 pts.
  - c. 10-15 = 100 pts.
  - d. More than 15 = 200 pts.
- 8. How much equipment is needed for a typical activity? "A lot" mean items like boat, snowmobile or dirt bike while "Very little" mean like a soccer ball or bicycle.**
  - a. None = 0 pts.
  - b. Very Little = 20 pts.
  - c. Some = 60 pts.
  - d. A lot = 80 pts.

