

Online Resource 3

This is the reference document for students to use in Workshop 1 when they are calculating the carbon footprint of the first two hours of their day. The values are taken from “How Bad Are Bananas?: The Carbon Footprint of Everything” by Mike Berners-Lee and the Tesco supermarket website.

FOOD

Type	Grams	Balloons
Bowl of Cereal with Cows' Milk	1224	77
Bowl of Cereal with Soya Milk	816	51
Cows' Milk Porridge	530	33
1 (cooked) Egg	330	21
Soya Milk Porridge	306	19
Half and Half Porridge	300	19
One portion of Baked Beans	130	8
Orange	90	6
Porridge (just water)	82	5
Apple	80	5
Banana	80	5
1 Piece of Toast	45	3
1 Rasher of Bacon	25	1

TRAVEL

Type	Grams	Balloons
1 Mile by Car (per car)	710	44
1 Mile by Bus (per person)	150	9
Cycling	0	0
Walking	0	0

DRINK

Type	Grams	Balloons
Cows' Milk Latte	340	21
200 mL Glass of Cow's Milk	320	20
250 mL Glass of Orange Juice	160	10
500 mL Bottled Water	160	10
200 mL Glass of Soya Milk	160	10
Cup of Tea with Dairy Milk	53	3
Cup of Tea with Soya Milk	37	2
Cup of Black Coffee	21	1
Cup of Black Tea	21	1

MORNING ROUTINE

Type	Grams	Balloons
Shower 6 minutes (electric)	500	31
Shower 6 minutes (gas boiler)	180	11
10 mins 2000W Hairdryer	100	7
20 mins 75W Hair Straighteners	7.5	1
1 hr 42" TV	220	14
1 hr 32" TV	88	6
Messing about on phone	0.5	0