

POWER!



CUT YOUR CARBON

WITH ECO-SCHOOLS

Comparing Carbon Quiz

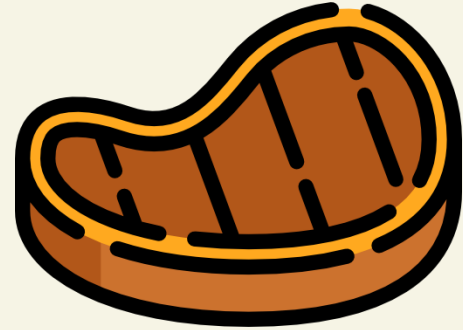


What creates more carbon emissions?



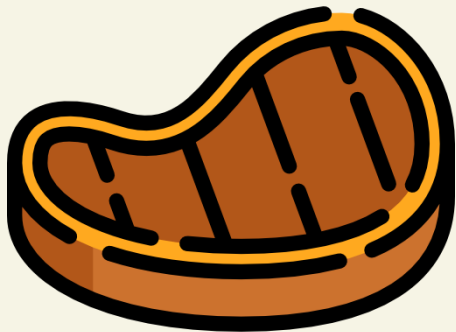
Eating a plant-based
diet for a week

or



One roast beef dinner

Answer:

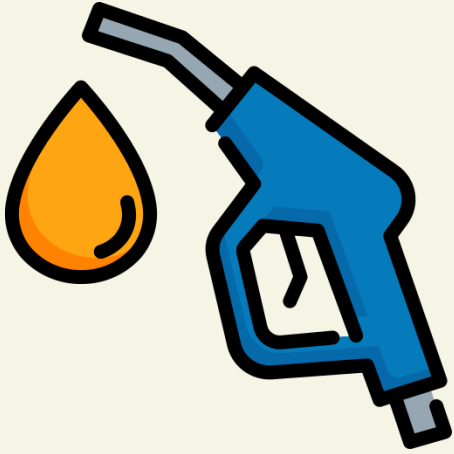


One roast beef dinner

- Eating a plant-based diet for a week = **9.9kg CO₂e**
- One Roast Beef Dinner = **28kg CO₂e**

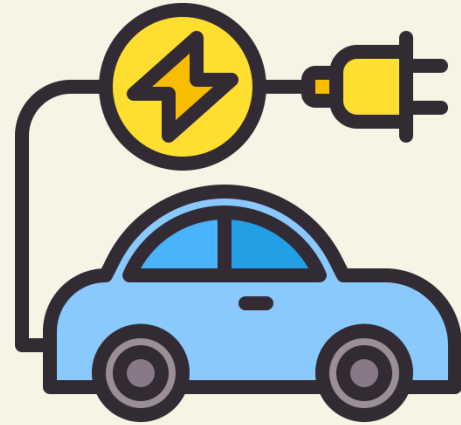
Unbelievably, the production of ingredients and cooking of one roast beef dinner can have almost 3x the carbon footprint as a week's worth of plant-based meals. The beef alone makes up over 26kg of the meals' entire footprint!

What creates more carbon emissions?



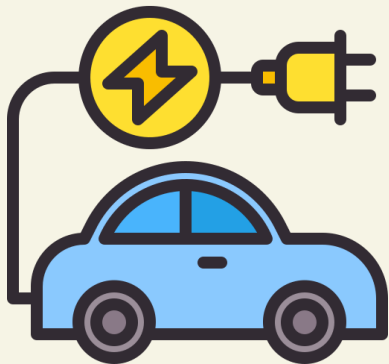
Driving 1 mile in a
petrol car

or



Charging an electric
vehicle for 1 hour (at home)

Answer:



Charging an electric vehicle
for 1 hour (at home)

- Driving 1 mile in a petrol car = **216g CO₂e**
- Charging an electric vehicle for 1 hour (at home) = **1519g CO₂e**

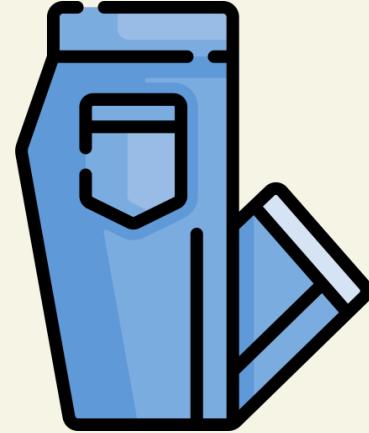
Charging an electric vehicle for one hour may emit more CO₂e on average, but a one-hour charge can add up to 30 miles of range to an electric vehicle, resulting in far fewer carbon emissions per mile!

What creates more carbon emissions?



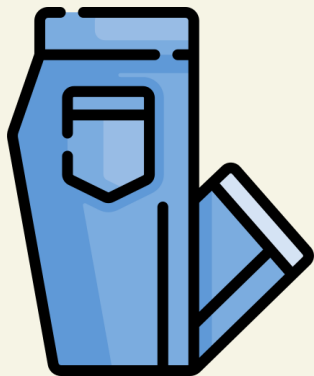
1 laundry wash at 30°C

or



Wearing a pair of fast fashion jeans once

Answer:



Wearing a pair of fast fashion jeans once

- 1 laundry wash at 30°C = **600g**
- Wearing a pair of fast fashion jeans once = **2500g**

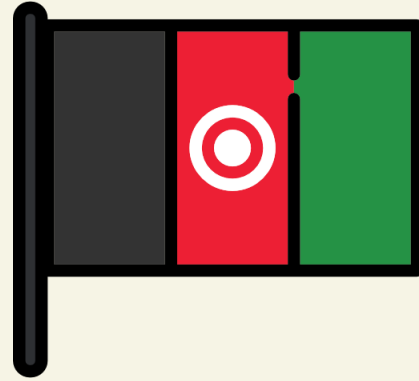
Fast fashion clothing has such a high carbon footprint because these items are often worn a lot fewer times than traditional fashion items. They're also often shipped by air, rather than sea, to keep up with fashion trends. Buying a pair of second-hand jeans can reduce emissions by 90%.

What creates more carbon emissions?



A return flight from
London to New York

or



The average yearly carbon
footprint of someone living
in Afghanistan

Answer:



A return flight from London to New York

- A return flight from London to New York = **986 kg CO₂e**
- The average yearly carbon footprint of someone living in Afghanistan = **300 kg CO₂e**

This fact really highlights the unjustness of climate change as communities who have contributed the least to the problem will often suffer the most severe impacts.

What created more carbon emissions?



Our average yearly
carbon footprint in 2012

or



Our average yearly
carbon footprint in 2022

Answer:



Our average yearly carbon footprint in 2012

- Our average yearly carbon footprint in 2012 = **7.6 tonnes CO₂e**
- Our average yearly carbon footprint in 2022 = **4.7 tonnes CO₂e**

Great news – the average person in the UK has reduced their carbon footprint over the last few years, but we still have a long way to go! Our average carbon footprint peaked at 11.8 tonnes in the 1970s and it hasn't been as low as it currently is since the 1850s!

What creates more carbon emissions?



or



The average gamer, using a high-performance console, over one year.

Buying and reading one paperback novel, each week, for a year.

Answer:



The average gamer, using a high-performance console, over one year.

- The average gamer, using a high-performance console, over one year.
- = **72kg CO₂e**
- Buying and reading one paperback novel, each week, for a year = **52kg CO₂e**

Manufacturing a paperback book generates approximately 1 kg of CO₂e. But using a game console across the year beats this with a whopping 72kg!

CUT YOUR CARBON



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Sources:

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