

Name: _____

Dinner Party Menu Challenge

You have been tasked to prepare a menu for a large dinner party. You will need 1 kilogram of each food item. The challenge is to select menu options that will produce the lowest total water footprint (WF). Points will be awarded for the lowest total water footprint and for the lowest water footprint for each course.

Step 1: Select each course of your meal using the options listed below. Then use the "Product Gallery" at waterfootprint.org to calculate the WF for each course of the meal.

Meat Course: (Select 1)

- Beef
- Chicken
- Goat
- Pork
- Lamb



Side Dishes: (Select 3)

- Bread
- Cabbage
- Maize (corn)
- Potato
- Pasta (dry)
- Rice
- Tomato



Salad: (Select lettuce or pasta, then 2 additional items)

- Lettuce
- Pasta (dry)
- Tomato
- Cucumber
- Olives
- Boiled Egg



Dessert: (Select 1)

- Apple
- Banana
- Orange
- Mango.Guava
- Peach/Nectarine

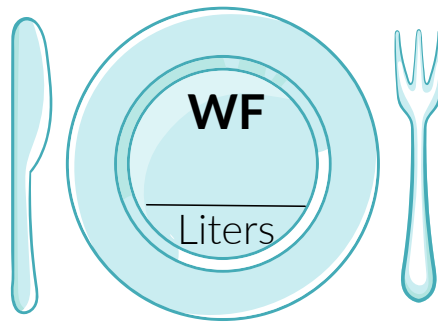


After Dinner Treat: (Select 1)

- Dates
- Chocolate
- Cheese
- Peanuts



Step 2: Calculate the total WF for your entire menu.



Step 3: Record your results with your class and determine which team had the lowest WF for each individual course and which meal had the lowest WF.

Step 4: Respond to the following questions and discuss them with your group.

- What changes in your daily food choices would reduce your personal water footprint in a meaningful way?
- Which category or group of foods had a high WF?
- Which category or group of foods had a low WF?
- If foods with a high WF were decreased or eliminated from our diet, how would this impact the availability of nutrients in our foods? Would we still be able to obtain all of the nutrients we need?