

LEARNING TASK 7

Am I a Climate Hero or a Climate Culprit?

Procedure:

1. Compute your carbon footprint by using Table 4 WWF-Philippines' Carbon Footprint Checklist. Choose one (1) member of the family or a friend do the checklist also for you to have a comparison.

What's your carbon footprint? Evaluate your carbon emission.

Different Activities	Always (1pt)	Sometimes (3pts)	Never (5pts)
1. I use water wisely			
2. I eat a mixture of meat and vegetarian meals			
3. We use kerosene lamps or low energy light bulbs at home			
4. I use basin in washing our dishes			
5. I eat locally grown food			
6. I turn off electric appliances or battery-operated gadgets instead of leaving them on standby			
7. I use a glass of water when brushing my teeth			
8. I eat organic food			
9. I use reusable bags when buying things from the market			
10. I avoid eating ready meals (e.g. noodles, sardines etc.)			

Carbon Footprint Checklist

Construction Specifications Institute

A red circular graphic element with a gradient, partially overlapping the right side of the light blue bar.

Carbon Footprint Checklist:

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