



Name: _____ Date: _____

Watch Your Step

Student Worksheet

Argentina - Nahual

It is 7:30 a.m. and time for 17-year-old Nahual to get up for school. He lives in Salta, a city in Argentina with nearly half a million residents. His family's row house (classified as a Calmat II) is on a busy street, and although it is a small, 4-room house, 112 square meters for the five of them, it has running water and electricity, with most of its power from natural gas and about ten percent from renewable sources. Recently, he helped his father replace all of the incandescent light bulbs with more efficient compact fluorescent ones that the government distributed to households. Other than that, his family doesn't spend much time or money on upgrades to their home. Sometimes he fights with his two younger sisters about sharing the bathroom, but his parents say that he should be more mature now that he is finishing high school.

At lunchtime, he walks home to eat the main meal of the day. He especially likes barbeque, pasta, and pizza. Nahual and his family have meat every day at most meals, fish about once a week, and eggs most days for breakfast. After lunch, he has a siesta and does something relaxing before walking back to class. At 5 p.m. they have a quick teatime when everyone drinks "mate," which is a bitter tea. Nahual's favorite part of the day is the evening when he plays soccer with his sports club.

On Fridays, Nahual likes to hang out with his friends and have pizza, and on Saturdays they go dancing. He typically spends about \$12 a month on entertainment and about \$20 a month on a new shirt or soccer gear. Like most families, Nahual's family has a car that they use to make the 14 km roundtrip to church each Sunday. Because he doesn't drive yet, Nahual often takes the bus. He travels about 55 km a week using public transportation. After church, Nahual's family gets together for "asado," or barbeque. All the grandparents and aunts and uncles come too. Afterwards they walk to the park for ice cream; then Nahual has to hurry home and finish his homework for school on Monday.

Nahual's total footprint in hectares: _____

Nahual's total footprint in acres (multiply number of hectares by 2.47): _____



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China - Wu Dong

It is a warm morning in Shiping, Yunan, China, as 15-year-old Wu Dong bikes to school. Biking is the most common form of transportation in his town. Like most families in his town, Wu Dong's family does not own a car. Most of the time, Wu Dong walks or bikes everywhere he goes, except on Saturday when he makes a 30 km roundtrip with his mother on the bus to the large market. They buy foods such as rice and oil that they don't grow themselves. His family grows tomatoes, cabbage, squash, and cucumbers in their courtyard kitchen garden and grapes on a trellis, so most of what they eat is produced locally.

Wu Dong's home sits on the edge of a brook, which feeds through a gate into the pond where the family raises fish. At harvest time, all the family members take turns sleeping by the pond so that the fish are not stolen. Off in the distance, Wu Dong can see the smoke from the coal-burning power plant in town that powers most of the area's homes. Wu Dong lives with his parents, two of his grandparents, his aunt and uncle, and their newborn baby girl in their 110 square meter house. When he has finished his homework, he likes to watch TV with his family, but he usually stays very busy with homework and helping with chores. Wu Dong's family works hard but they also have a good time.

Everyday his mother spends a long time preparing food from raw ingredients, and today for lunch his mother has prepared soup made from tofu and cabbage, along with lotus root, fish, cooked celery, two types of beans, hot sauce, and rice. The family has meat a few times a week, fish daily from their pond, and eggs every day from their neighbor who has chickens. While his family is well-fed, they live simply and Wu Dong spends very little on clothing (about 30 yuan a month) and even less on entertainment. His uncle is very handy with home repairs, so they rarely have to spend much for the upkeep of the house.

Wu Dong's total footprint in hectares: _____

Wu Dong's total footprint in acres (multiply number of hectares by 2.47): _____



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Italy - Costanza

Costanza studies at the language high school in Piacenza, Italy, which is only a short bicycle ride away from her home. If she has free time during the week, Costanza likes to see friends or visit the shops, always traveling on her bicycle. Costanza saves up her allowance to spend on clothes while shopping with her friends; usually she'll buy a new outfit (pants or skirt and a top) every month or so. On Sundays, after going to mass with her parents, the three of them take a traditional passeggiata (family stroll). They greet their friends and family whom she has known all of her 15 years. She and her parents rent a 120 square meter row house. Her home has energy-efficient appliances and lights, as do all of the homes of her extended family and friends. Local authorities in Piacenza have recently provided all of the households with several bins to recycle most of their waste. Because households are charged for each bag of garbage collected, they are motivated to recycle what they can. While Italy has a goal to increase the use of renewable energy, many of the homes, like Costanza's, receive less than 20 percent of their household electricity from renewable sources. Costanza's family spends a modest amount of money (about 1,000 euros) each year on home furnishings.

Piacenza has a population of just over 100,000 and is only a 45-minute drive from Milan where they sometimes go to visit her cousins. On average she travels 100 km a week in her family car, which consumes 8 liters of gas per 100 km. Her family takes one special trip a year. This year they are going to Sicily, which is three hours round trip by plane.

Costanza and her parents eat their main meal at midday, the only meal of the day containing meat products. These large meals usually consist of a pasta course, followed by a main course of meat or occasionally fish. Sometimes a course of antipasto (appetizers) is served before the pasta. The antipasto may consist of a variety of cold meats and vegetable, such as spiced ham, salami, olives, and artichoke hearts. Her region of Italy is known for its local cheeses, which Costanza eats at nearly every meal. Costanza's mother likes to buy fresh food at small, local stores and the outdoor market, and so only about one-quarter of the food Costanza eats is packaged and not locally grown.

Costanza's total footprint in hectares: _____

Costanza's total footprint in acres (multiply number of hectares by 2.47): _____



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South Africa - Wisani

Wisani lives in Soweto, South Africa with her parents, sister, and two brothers. She is 15 years old. There are many young people living in Soweto. In fact, 25 percent of the population is under 15 years of age. Soweto is the most populated area of Johannesburg, a city of nearly four million people.

Wisani's school is about 15 kilometers from her home and she takes the bus each way. When she wants to visit friends in other parts of Soweto or run errands, she usually takes kombis (minibuses) for about 50 kilometers of travel each week. Her family doesn't own a car and relies on public transportation.

Her family owns a small house (65 square meters), which has electricity that costs her family about 50 rand each month. They spend about 45 rand on other forms of energy as well. Their house is simply furnished, so they don't spend much on new furniture or home maintenance each much or on new clothing purchases – she and her siblings regularly wear hand-me-downs. Every house in the street looks very similar and her neighbors' houses are very close to theirs on a narrow street. Wisani's family stays inside their home after 8:00 p.m. and locks the doors because of the high rate of crime and violence. For the same reason, Wisani seldom walks or rides her bike.

The area where they live is heavily populated, so almost all their food is grown or produced in other areas of South Africa. Wisani's family most often eats mealies, or maize, which is made into porridge along with most meals. They also regularly eat fruits and vegetables, most dairy items, fish occasionally and chicken nearly every day. Beef is considered a treat which they eat less frequently. They drink tea with their meals, and her dad sometimes buys homemade beer from one of the neighbors.

Wasani's total footprint in hectares: _____

Wasani's total footprint in acres (multiply number of hectares by 2.47): _____