

L'IMPRONTA IDRICA

- semplificata -



L'ACQUA NEL CIBO...

1. Durante la settimana quante volte mangi cereali (grano, riso, mais etc)?

- A) Mai
- B) Alcuni giorni alla settimana
- C) Tutti i giorni



2. e quante volte mangi latticini (formaggi, mozzarelle etc etc)?

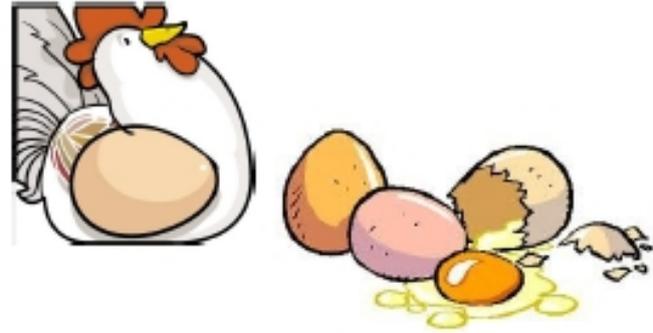
- A) Mai
- B) Alcuni giorni alla settimana
- C) Tutti i giorni



L'ACQUA NEL CIBO...

3. Quante uova mangi in una settimana?

- A) 2
- B) 3
- C) 4 o più



4. Quante volte mangi dolci o merendine in una settimana?

- A) Mai
- B) Alcuni giorni alla settimana
- C) Tutti i giorni



5. Quante volte mangi la verdura nella settimana?

- A) 0
- B) da 1 a 3 volte
- C) 3 o più volte



L'ACQUA NEL CIBO...



6. E la frutta?

- A) Mai
- B) Alcuni giorni a settimana
- C) Tutti i giorni

7. Quante tazze di caffè prendi al giorno?

- A) 0
- B) 1
- C) 2 o più



8. Quante tazze di tè prendi al giorno?



- A) 0
- B) 1
- C) 2 o più

L'ACQUA NEL CIBO...

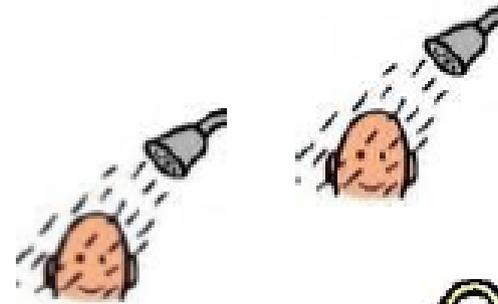
9. Che tipo di acqua bevi?

- A) Acqua del rubinetto
- B) Acqua in bottiglia

L'ACQUA A CASA...E ALL'APERTO!

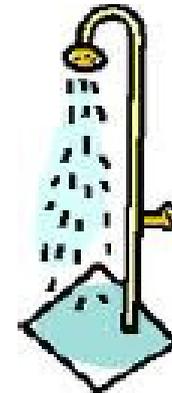
10. Quante docce fai in una settimana?

- A) 0 (se fai il bagno, rispondi sotto)
- B) 1
- C) 2
- D) 3 o più



11. Quanto dura in media ogni doccia? (minuti)

- A) 5 – 10 minuti
- B) 10 – 20 minuti
- C) 30 minuti o più



12. Quanti bagni fai ogni settimana?

- A) 0 (se fai la doccia, rispondi sopra)
- B) 1
- C) 2
- D) 3 o più



L'ACQUA A CASA...E ALL'APERTO!



13. Lasci il rubinetto aperto quando ti lavi i denti?

- A) Sì
- B) No

14. Quante lavatrici effettuate in una settimana a casa?

- A) Da 1 a 3
- B) da 3 a 5
- C) 5 o più



15. Hai un wc con il flusso ridotto e flusso maggiore?
(quelli che hanno un tasto grande e uno piccolo per tirare l'acqua)

- A) Sì
- B) No

L'ACQUA A CASA...E ALL'APERTO!

16. Di solito a casa i piatti come vengono lavati?

- A) A mano
- B) In lavastoviglie

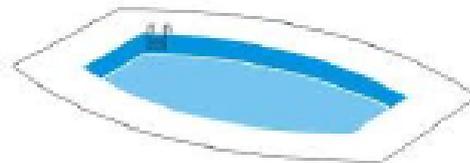


17. Quante volte lavate la macchina?

- A) Ogni settimana
- B) ogni mese o più

18. Se hai un giardino, come innaffi le piante?

- A) A mano, con l'innaffiatoio
- B) Con la pompa o con l'impianto di irrigazione



19. Hai una piscina?

- A) Si
- B) No

L'ACQUA A CASA...E ALL'APERTO!

16. Di solito a casa i piatti come vengono lavati?

- A) A mano
- B) In lavastoviglie

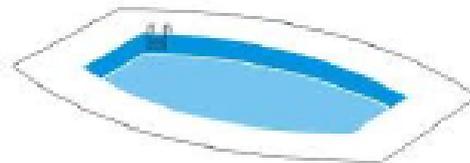


17. Quante volte lavate la macchina?

- A) Ogni settimana
- B) ogni mese o più

18. Se hai un giardino, come innaffi le piante?

- A) A mano, con l'innaffiatoio
- B) Con la pompa o con l'impianto di irrigazione



19. Hai una piscina?

- A) Si
- B) No

Adesso fai la somma di tutti i punti...
che punteggio hai raggiunto???

Domanda 1

- A) 0 punti
- B) 30 punti
- C) 60 punti

Domanda 2

- A) 0 punti
- B) 40 punti
- C) 80 punti

Domanda 3

- A) 20 punti
- B) 40 punti
- C) 70 punti

Domanda 4

- A) 0 punti
- B) 30 punti
- C) 70 punti

Domanda 5

- A) 0 punti
- B) 40 punti
- C) 80 punti

Domanda 6

- A) 0 punti
- B) 30 punti
- C) 70 punti

Domanda 7

- A) 0 punti
- B) 20 punti
- C) 40 punti

Domanda 8

- A) 0 punti
- B) 20 punti
- C) 40 punti

Domanda 9

- A) - 10 punti
- B) 70 punti

Domanda 10

- A) 0 punti
- B) 20 punti
- C) 30 punti
- D) 70 punti

Domanda 11

- A) 30 punti
- B) 60 punti
- C) 70 punti

Domanda 12

- A) 0 punti
- B) 40 punti
- C) 80 punti
- D) 100 punti

Domanda 13

- A) 20 punti
- B) 0 punti

Domanda 14

- A) 30 punti
- B) 50 punti
- C) 70 punti

Domanda 15

- A) 10 punti
- B) 30 punti

Domanda 16

- A) 20 punti
- B) 40 punti

Domanda 17

- A) 70 punti
- B) 30 punti

Domanda 18

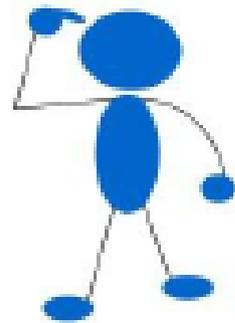
- A) 30 punti
- B) 70 punti

Domanda 19

- A) 150 punti
- B) 0 punti



Qual è la tua impronta idrica?





Da 0 a 350 punti:

stile di vita ecologico e
attento alla risorsa acqua

Da 350 a 600 punti:

stile di vita mediocre... la
nostra Terra è un po'
preoccupata!



Da 350 a 600 punti:

stile di vita dispendioso...
e poco attento alla risorsa
ACQUA!



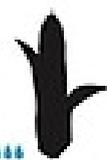
<http://waterfootprint.org>

→Product Gallery
→Calculator

Water Footprint
The amount of water that is used to produce a good or service, including the water that is consumed in the process and the water that is discharged into the environment.

VIRTUAL WATER

inside products



450 litres of water for one kg of **Corn**

It takes 450 litres of water to produce one kilogram of corn. This is because corn is a thirsty crop, especially in arid regions. The water is used for irrigation and to grow the plant.



500 litres of water for one kg of **Wheat**

It takes 500 litres of water to produce one kilogram of wheat. This is because wheat is a thirsty crop, especially in arid regions. The water is used for irrigation and to grow the plant.



1700 litres of water for one kg of **Rice**

It takes 1700 litres of water to produce one kilogram of rice. This is because rice is a very thirsty crop, especially in arid regions. The water is used for irrigation and to grow the plant.



900 litres of water for one kg of **Soybeans**

It takes 900 litres of water to produce one kilogram of soybeans. This is because soybeans are a thirsty crop, especially in arid regions. The water is used for irrigation and to grow the plant.



70 litres of water for one kg of **Apple**

It takes 70 litres of water to produce one kilogram of apples. This is because apples are a relatively low-water crop, especially in arid regions. The water is used for irrigation and to grow the plant.



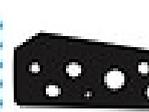
50 litres of water for one kg of **Orange**

It takes 50 litres of water to produce one kilogram of oranges. This is because oranges are a relatively low-water crop, especially in arid regions. The water is used for irrigation and to grow the plant.



2500 litres of water for one kg of **Coconut**

It takes 2500 litres of water to produce one kilogram of coconuts. This is because coconuts are a very thirsty crop, especially in arid regions. The water is used for irrigation and to grow the plant.



2500 litres of water for one kg of **Cheese**

It takes 2500 litres of water to produce one kilogram of cheese. This is because cheese is a very thirsty product, especially in arid regions. The water is used for irrigation and to grow the plant.



650 litres of water for one kg of **Toast**

It takes 650 litres of water to produce one kilogram of toast. This is because toast is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



90 litres of water for one kg of **Tea**

It takes 90 litres of water to produce one kilogram of tea. This is because tea is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



840 litres of water for one kg of **Coffee**

It takes 840 litres of water to produce one kilogram of coffee. This is because coffee is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



720 litres of water for one kg of **Wine**

It takes 720 litres of water to produce one kilogram of wine. This is because wine is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



150 litres of water for one kg of **Beer**

It takes 150 litres of water to produce one kilogram of beer. This is because beer is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



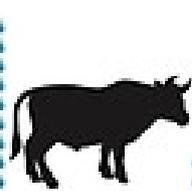
185 litres of water for one kg of **Potato crisps**

It takes 185 litres of water to produce one kilogram of potato crisps. This is because potato crisps are a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



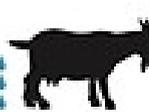
1000 litres of water for one kg of **Milk**

It takes 1000 litres of water to produce one kilogram of milk. This is because milk is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



4500 litres of water for one kg of **Beef**

It takes 4500 litres of water to produce one kilogram of beef. This is because beef is a very thirsty product, especially in arid regions. The water is used for irrigation and to grow the plant.



1200 litres of water for one kg of **Goatmeat**

It takes 1200 litres of water to produce one kilogram of goatmeat. This is because goatmeat is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



1440 litres of water for one kg of **Pork**

It takes 1440 litres of water to produce one kilogram of pork. This is because pork is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



1830 litres of water for one kg of **Sheepmeat**

It takes 1830 litres of water to produce one kilogram of sheepmeat. This is because sheepmeat is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



1170 litres of water for one kg of **Chicken**

It takes 1170 litres of water to produce one kilogram of chicken. This is because chicken is a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.



200 litres of water for one kg of **Egg**

It takes 200 litres of water to produce one kilogram of eggs. This is because eggs are a relatively low-water product, especially in arid regions. The water is used for irrigation and to grow the plant.

Qual è la tua impronta idrica?

