

THE FOUR WEEK SUSTAINABILITY CHALLENGE

How it works:

These challenges are designed to be completed as whole class exercise. As well as getting everyone thinking more about the impact we have on the planet, they are intended to get everyone up and moving (paying attention to the current COVID-19 guidelines!).

Ask your students to keep a track of what they find and share it with the rest of the class, use these worksheets to collect all the information together.

Submit your completed challenge to schoollunches@pitapit.co.nz by **1st of October 2021** for the chance to **win 25 sports balls for your school!**

CHALLENGE #1

CALCULATE THE CARBON FOOTPRINT OF YOUR LUNCH

As a class, use this table to calculate the carbon footprint of a Pita Pit lunch. Identify each ingredient and add their footprints together to get the **total footprint** of one lunch.

Ingredient	Footprint (grams)	
Chicken	113	
Ham	425	
Vegetables	45	
Cheese	100	
Wholemeal Pita	73	
Fruit	53	
Side e.g. Bliss ball, Cheese stick	200	
Total footprint		

Next, use your **total footprint** to work out the carbon footprint of your lunch over a whole week and over a whole school year.

The **weekly footprint** of a lunch is:

KG

Hint: You have 5 lunches at school every week.

The **yearly footprint** of a lunch is:

KG

Hint: Ask your teacher how many weeks of school there are in a year.

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Name of school:

Name/Year of class:

For extra worksheets and challenges, visit pitapit.co.nz/healthyschoollunches

Your lunch is made Climate Positive by:  

CHALLENGE #2

HOW GREEN IS YOUR LOCAL AREA

Get your class to make a count of the following next time they go for a walk. Make a tally of how many of each of these you find and have a think about whether they are producing or reducing emissions.

How many...	Tally	Circle one
Trees Hint: Trees absorb carbon		Good for the planet / Bad for the planet
Parked cars Hint: Cars burn petrol		Good for the planet / Bad for the planet
Bikes parked outside Hint: Bikes use your energy		Good for the planet / Bad for the planet
Solar panels Hint: Electricity from sun		Good for the planet / Bad for the planet
Chimneys Hint: They release smoke		Good for the planet / Bad for the planet
Birds Hint: A sign of lots of trees		Good for the planet / Bad for the planet
Heaters Hint: Run off electricity		Good for the planet / Bad for the planet

As a bonus: Think about your school; what ways could it change to help the planet?

My school could have **more** _____ to help the planet.

My school could have **less** _____ to help the planet.

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CHALLENGE #3

HOW MUCH CARBON IS ABSORBED IN YOUR AREA?

Ask your students to go out and explore their garden or local park, and count how many trees of different sizes they can find. Use this sheet to calculate the total amount of carbon the trees in your local area absorb.



Small trees are **1 - 2 metres** tall and absorb around **150 kg** of carbon.

Tally:

Total carbon:

KG



Medium trees are **2 - 5 metres** tall and absorb around **250 kg** of carbon.

Tally:

Total carbon:

KG

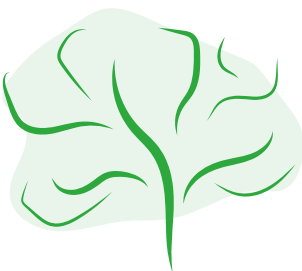


Large trees are **5 - 10 metres** tall and absorb around **900 kg** of carbon.

Tally:

Total carbon:

KG



Massive trees are **10+ metres** tall and absorb around **8,000 kg** of carbon!

Tally:

Total carbon:

KG

The trees in our area absorb _____ **KG OF CARBON.**

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CHALLENGE #4

BUILD YOUR SUSTAINABLE SCHOOL

Read through this list as a class and decide on the top 5 ways your school could be more sustainable.

- 1. Plants lots of trees in the playground.** Trees absorb carbon emissions and make good homes for birds.
- 2. Uses renewable energy.** Renewable energy is produced in a way that doesn't create carbon emissions.
- 3. Always turns the lights off.** Lights use electricity, which creates carbon emissions. Leaving them on when not in the room is a waste of power.
- 4. Only uses heaters when it's cold.** Heaters use electricity, which creates carbon emissions.
- 5. Offsets the left over carbon emissions from the school's carbon footprint.** Carbon offsets are a way to balance out the emissions of your school.
- 6. Has lots of space to park bikes and scooters.** Bikes and scooters are powered by you, not fossil fuels!
- 7. Students walk to school instead of being driven.** Some kids need to drive to school. If you can, walking is better for you and the environment.
- 8. Has a compost bin for food waste.** Composting food is great for plants to grow in, but if sent to landfill they emit carbon.
- 9. Students wear hand-me-downs.** New clothes have a big carbon footprint, second-hand clothes don't.
- 10. Prints things only when necessary.** Printing uses ink, energy and paper, unlike using a screen.
- 11. Has lots of vegetables in school lunches.** Vegetables use less land to grow and emit less carbon, AND they are good for you!
- 12. Students bring in reusable water bottles.** Single-use plastic takes a lot of energy to produce, reusable bottles can be used forever.

As a bonus: Use these details to draw your sustainable school.

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