

Explanation for the instructor of the game 'How much water costs our meal'

Everyone uses water to drink, cook and wash. However much more water is needed to produce ordinary things like food, paper and cotton. The water footprint is a tool to measure the water usage of a product, considered over its whole production chain. Game participants become aware of their water footprint by means of an interactive game. In this game we buy a meal in supermarket. We will not have a look at the price but at the costs in amount of water: how much water is needed to produce the chosen meal? The person who has bought the meal with the lowest water footprint is the winner. And let's hope it still tastes good too!

The children will be divided in groups of four. Every group will be assigned to buy a meal including a dessert for tonight. They have to choose a meal and a dessert from the recipes booklet. This booklet indicates which ingredients are needed for each meal. Of course the children want to choose something delicious but the assignment is to watch for the total water footprint of the meal. In the 'store' all products are provided. The price in water is indicated at every product (the water footprint in litres, which is the total amount of water used to produce the product, considered over its whole production chain). When a group has bought its products (collected in their basket), they could check out at the cashier (represented by you as an instructor). You sum up the total of water footprints of the separated ingredients and tell the group their total. The group of children with the lowest water footprint wins.

For your information the water footprints of all separated ingredients and the total of each meal and dessert are given below.

	Shopping	Packaging	Amount	Water footprint [L]
Meal 1 French Fries	4 persons			
Potato fries	French fries	1 plastic bag	1 kg	574
	Sunflower oil	Large bottle	400 g	2717
Hamburger	Hamburger patties	4 in one package	400 g	6166
	Margarine for cooking	1 small package	80 g	543
Apple puree	Apple puree	2 glasses	1.2 kg	986
Mayonnaise	Mayonnaise	1 tube	250 g	1732
	Total			12718
Meal 2 Pizza				
Pizza dough	Pizza dough	Plastic packaging	325 g	522
	Olive oil	Small bottle	100 g	1443
Pizza topping	Tomatoes		800 g	168
	Salami	2 packages	400 g	2496
	Cheese	1 package	200 g	636
	Total			5265
Meal 3 Pancakes				
Pancakes	Flour	1 paper bag	1 kg	1849
	Eggs		200 g	653
	Bacon	2 plastic packs	400 g	1730
	Syrup	1 cardboard cup	100 g	22
	Milk	2 packages	2 kg	2108
	Margarine for cooking	1 small package	80	543
	Total			6905

Meal 4 Spinach

Spinach	Spinach	Plastic bag	1.6 kg	467
	Milk	1 package	1 kg	1020
Mashed potatoes	Potatoes	Plastic bag	1 kg	287
	Margarine	1 small package	80 g	543
Veggie burger	Veggie burger	4 in one package	400 g	1505
	Total			3822

Meal 5 Shoarma bun

Bun	Bun	1 plastic bag	400 g	643
Shoarma meat	Meat	Plastic packaging	1 kg	10412
	Paprika		200 g	76
Garlic sauce	Garlic sauce	1 bottle	250 g	930
	Margarine for cooking	1 small package	80 g	543
	Lettuce		200 g	47
	Total			12651

Meal 6 Macaroni

Macaroni	Macaroni	Plastic bag	400 g	740
	Grated cheese	Plastic bag	120 g	607
Sauce	Minced meat	Plastic packaging	400 g	6166
	Tomatoes		800 g	168
	Onion		200 g	54
	Margarine for cooking	1 small package	80 g	543
	Cucumber		400 g	141
	Total			8419

Meal 7 Potatoes, meatballs, green beans

Potato meatballs	Potatoes	Plastic bag	1 kg	287
	Onion		100 g	27
	Egg		100 g	326
	Yoghurt	Plastic cup	200 g	237
	Minced meat	Plastic Packaging	200 g	2140
	Margarine for cooking	1 small package	80 g	543
Green beans	Green beans	Plastic bag	800 g	438
	Total			3998

Meal 8 Summer salad

Summer salad	Eggs		400 g	1306
	Cucumber		400 g	141
	Tomatoes		400 g	84
	Sunflower oil	Small bottle	40 g	272
	Sugar	Paper bag	80 g	11
Baguette	Baguette		400 g	643
	Total			2457

Meal 9 Hotchpotch

Hotchpotch	Potatoes	1 plastic bag	1 kg	287
	Onion		500 g	135
	Carrots	Plastic bag	1.5 kg	293
	Milk	Small plastic cup	200 g	204
	Margarine for cooking	1 small package	80 g	543
Sausage	Sausage	Plastic packaging	400 g	2395
	Total			3857

Meal 10 Peanut soup

Peanut soup	Onion		200 g	54
	Celeriac		200 g	77
	Sunflower oil	Small bottle	40 g	272
	Tomatoes		400 g	84
	Peanut butter	1 glass	160 g	1205
	Peanuts	1 plastic bag	60 g	238
	Rice	1 plastic bag	80 g	193
	Egg		50 g	163
	Bean sprouts	1 plastic packaging	80 g	172
Baguette	Baguette		400 g	643
	Total			3101

Dessert 1	Ice cream	1 plastic packaging		1903
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Dessert 2	Strawberries		500 g	173
	Whipped cream	Spray can	250 g	475
	Total			648

Dessert 3	Oranges		600 g	336
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Dessert 4	Yoghurt	4 plastic cups	800 g	948
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Dessert 5	Chocolate pudding	1 plastic box	1 kg	1186
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Dessert 6	Pancakes	1 plastic packaging	800 g	2024
	Jam	1 glass	80 g	218
	Total			2242

Dessert 7	Cherry curd	4 plastic cups	800 g	948
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Dessert 8	Apple cake		700 g	1412
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Dessert 9	Milk rice	1 plastic box	1000 g	1530
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Dessert 10	Custard	1 plastic box	1000 g	1186
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