

You've been invited to a barbecue party.
What do you order for ?



★ **Grilled Veggies**

Nutritional Values : 50 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

★ **Beef Burger**

Nutritional Values : 250 Calories, 25g Protein, 0g Fiber

Environmental Impact : -4 Carbon Tokens, +3 Water Tokens, +3 Land Tokens.

It's lunch break at school and the cafeteria is offering 2 meal options.
Which do you choose?



★ **Chicken Salad**

Nutritional Values : 150 Calories, 15g Protein, 0g Fiber

Environmental Impact : -2 Carbon Tokens, +2 Water Tokens, +1 Land Token

★ **Vegetable Wrap**

Nutritional Values : 100 Calories, 10g Protein, 5g Fiber

Environmental Impact : -1 Carbon Token, +1 Water Token, +1 Land Token

You're with your parents shopping at the local farmers' market.
What do you buy ?



★ **Fresh Vegetables**

Nutritional Values : 50 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

★ **Eggs from Free-Range Hens**

Nutritional Values : 150 Calories, 15g Protein, 0g Fiber

Environmental Impact : -2 Water Tokens, +1 Land Token

Your family is having dinner, and you have a choice between two dishes.
Which do you choose ?



★ **Grilled Fish with Rice**

Nutritional Values : 150 Calories, 15g Protein, 5g Fiber

Environmental Impact : - 2 Water Tokens, -1 Carbon Token

★ **Steak with Potatoes**

Nutritional Values : 250 Calories, 25g Protein, 0g Fiber

Environmental Impact : -4 Carbon Tokens, +3 Water Tokens, +2 Land Tokens

You're at a school party, and there's a variety of snacks. Which do you choose ?



★ **Fruit Platter**

Nutritional Values : 50 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token

★ **Pizza**

Nutritional Values : 200 Calories, 20g Protein, 0g Fiber

Environmental Impact : -3 Carbon Tokens, +2 Water Tokens, +2 Land Tokens

You've gone fishing, and you catch something for dinner. Which will you eat ?



★ **Grilled Fish**

Nutritional Values : 150 Calories, 15g Protein, 0g Fiber

Environmental Impact : -1 Carbon Token, +1 Water Token (no Land Token)

★ **Fish and Chips**

Nutritional Values : 250 Calories, 25g Protein, 0g Fiber

Environmental Impact : -3 Carbon Tokens, +2 Water Tokens, +1 Land Token

You're out playing with friends and grab some fast food. What do you choose ?



★ **Chicken Nuggets**

Nutritional Values : 150 Calories, 15g Protein, 0g Fiber

Environmental Impact : 2 Carbon Tokens, +2 Water Tokens, +2 Land Tokens

★ **Vegetarian Sandwich**

Nutritional Values : 100 Calories, 10g Protein, 5g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

It's a hot day, and someone offers you a treat. Which do you choose ?



★ **Ice Cream**

Nutritional Values : 50 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token

★ **Fruit Sorbet**

Nutritional Values : 150 Calories, 5g Protein, 0g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

You're having lunch with your friends,
and there are two meal options.
Which do you choose ?



★ **Grain Bowl**

Nutritional Values : 100 Calories, 10g Protein, 5g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

★ **Cheeseburger**

Nutritional Values : 250 Calories, 25g Protein, 0g Fiber

Environmental Impact : -4 Carbon Tokens, +3 Water Tokens, +3 Land Tokens

You're at a breakfast buffet with a
variety of options. What do you choose ?



★ **Eggs and Toast**

Nutritional Values : 150 Calories, 15g Protein, 5g Fiber

Environmental Impact : +2 Water Tokens, +1 Land Token

★ **Pancakes**

Nutritional Values : 200 Calories, 10g Protein, 0g Fiber

Environmental Impact : +2 Water Tokens, +2 Land Tokens

You're eating at a restaurant with your
parents and you can pick between two
options.



★ **Salmon and Vegetables**

Nutritional Values : 150 Calories, 15g Protein, 5g Fiber

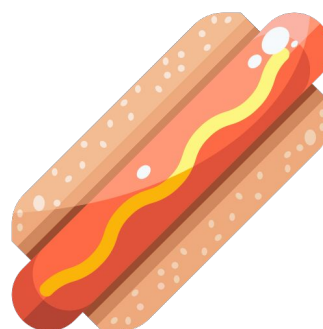
Environmental Impact : -2 Carbon Tokens, +2 Water Token

★ **Steak with Fries**

Nutritional Values : 250 Calories, 25g Protein, 0g Fiber

Environmental Impact : -4 Carbon Tokens, +3 Water Tokens, +3 Land Tokens

It's a nice day, and you're having a picnic
with family. What do you chose to eat ?



★ **Veggie Skewers**

Nutritional Values : 50 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token

★ **Hot Dog**

Nutritional Values : 200 Calories, 20g Protein, 0g Fiber

Environmental Impact : -3 Carbon Tokens, +2 Water Tokens, +2 Land Tokens

You're out for a friend's birthday party, and you have to choose between two meals.



★ **Veggies with grains**

Nutritional Values : 100 Calories, 10g Protein, 10g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

★ **Steak with Fries**

Nutritional Values : 200 Calories, 20g Protein, 0g Fiber

Environmental Impact : -3 Carbon Tokens, +2 Water Tokens, +2 Land Tokens

You need to eat a snack to keep your energy up. Which do you choose?



★ **Yogurt with Berries**

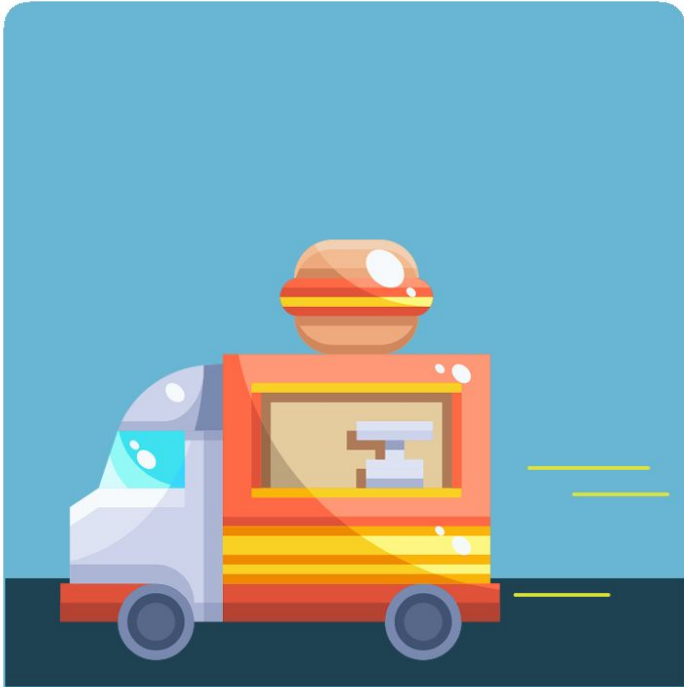
Nutritional Values : 100 Calories, 5g Protein, 5g Fiber

Environmental Impact : +1 Water Token, +1 Land Token

★ **Chips**

Nutritional Values : 150 Calories, 5g Protein, 0g Fiber

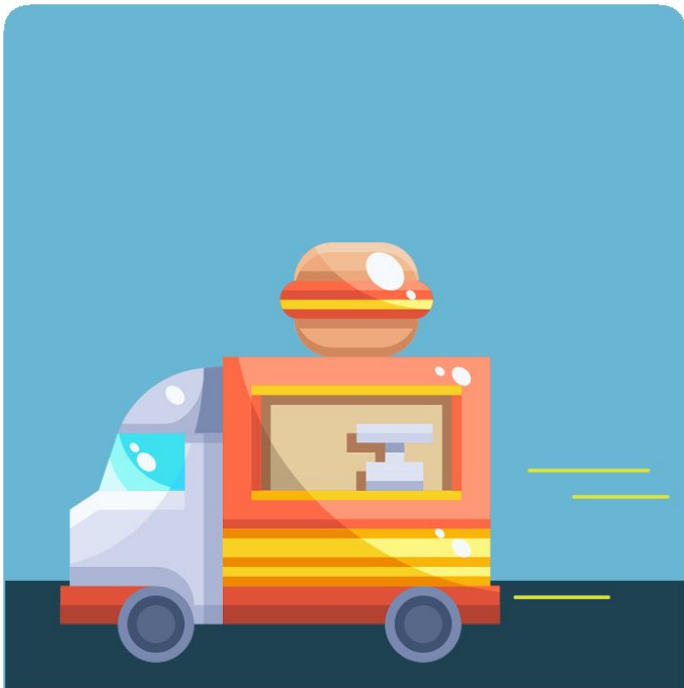
Environmental Impact : -2 Carbon Tokens, +1 Water Token



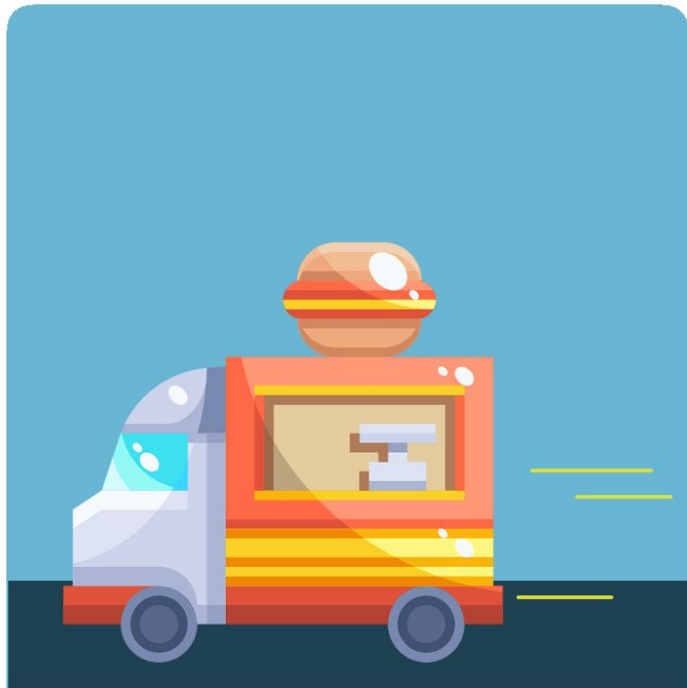
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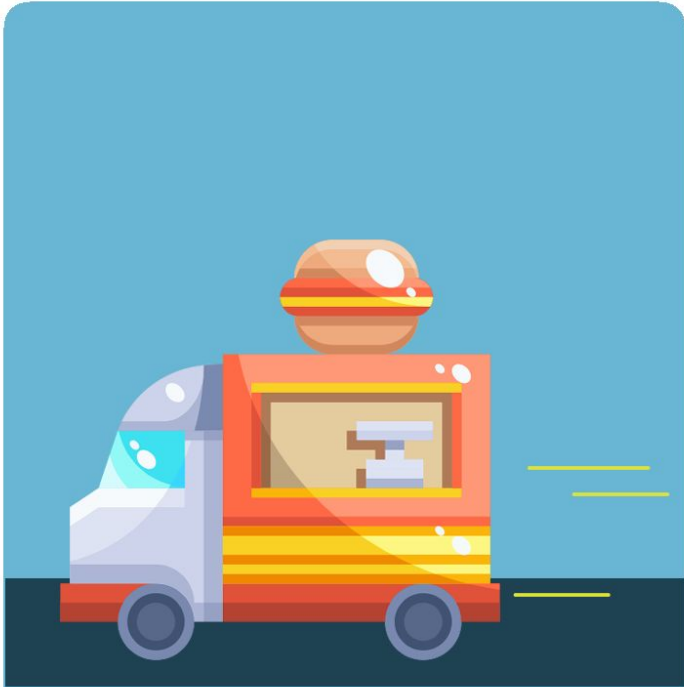
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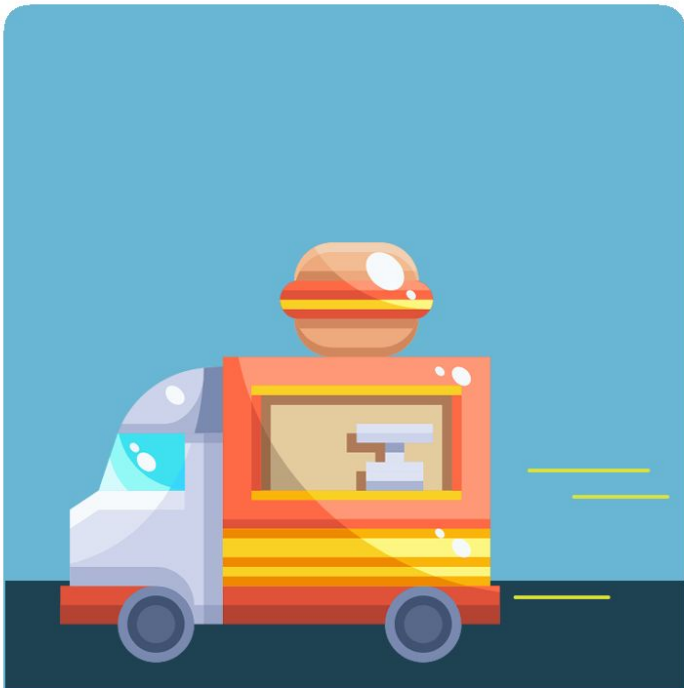
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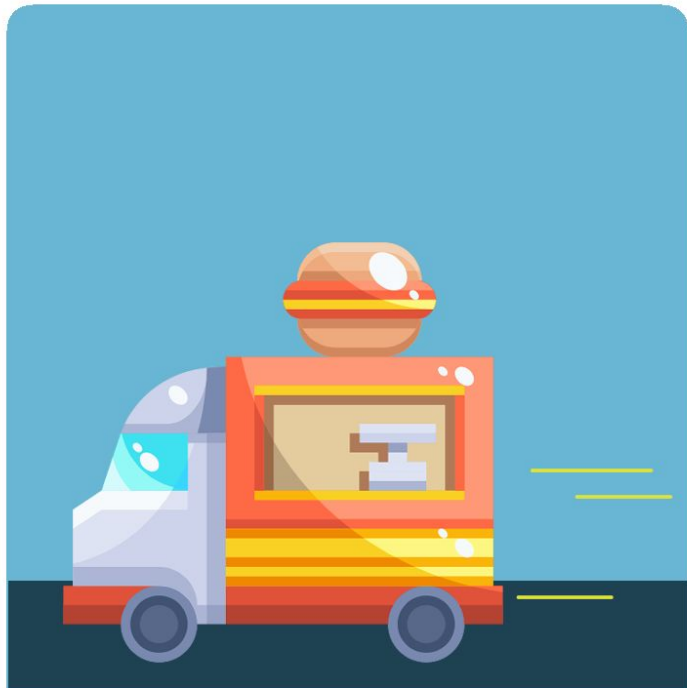
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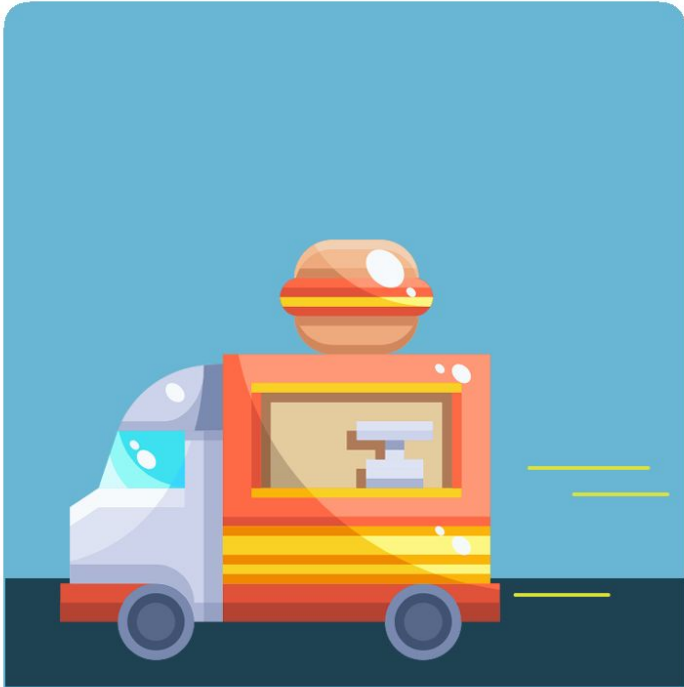
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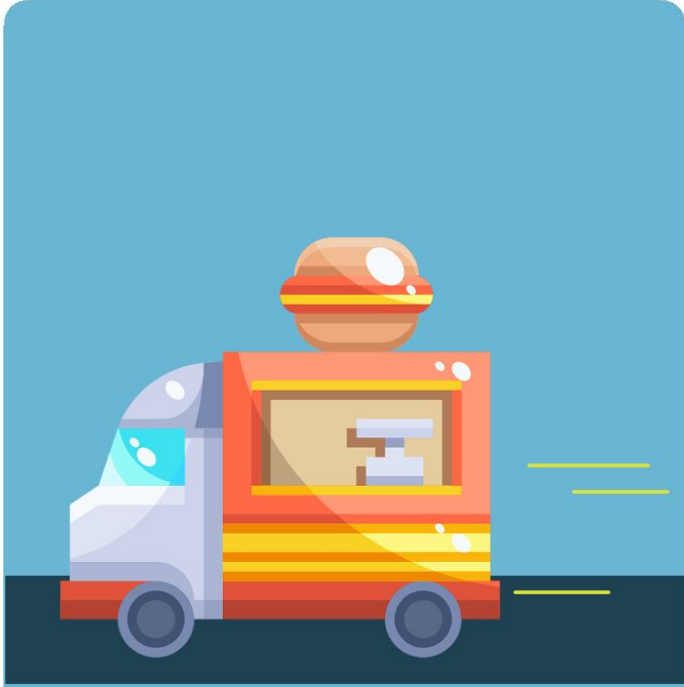
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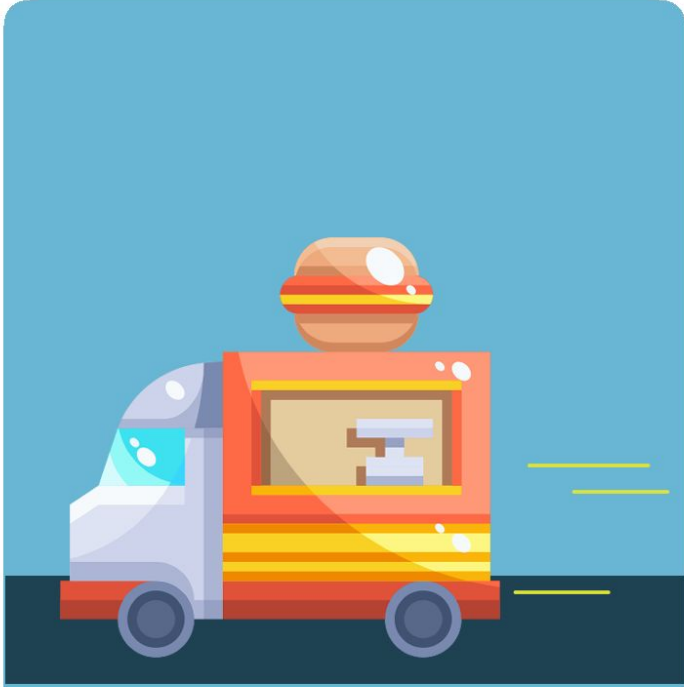
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