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Item	 <p style="text-align: center;">Sports Shirt</p>	 <p style="text-align: center;">Oatmeal with raisins, almonds, and sunflower seeds</p>	 <p style="text-align: center;">Apples</p>	 <p style="text-align: center;">Iphone</p>	 <p style="text-align: center;">Honda Wave Alpha Series 100CC</p>
Water footprint	1 shirt = 719 gallons	1 serving = 351 gallons	1 Apple = 18.5 gallons	1 day of usage = 3,190 gallons	1 day of usage = 10 gallons
Response	<p>According to <i>The water footprint of cotton consumption</i> published by UNESCO - IHE (Institution for Water Education), the water used to produce one T-shirt compose of 325 gallons of blue water, 293 gallons is green water and dilution water is the remaining 103 gallons.</p>	<p>Using the converted water footprints of different foods given in <i>The green, blue and grey water footprint of crops and derived crop products</i> paper by M. M. Mekonnen and A. Y. Hoekstra, I calculated my daily breakfast water footprint. I did not know almonds took that much water to produce - even more than it's triple weight of oats. The 40 grams</p>	<p>I am shocked at how much water is used to grow and sustain apple trees</p>	<p>Phones are composed of many pieces created in multiple steps, and each step consumes water. Numerous resources, materials and parts go into smartphone manufacturing, including rare earth metals (e.g., lithium), tin, glass and plastics. The supply chains for these materials stretch around the world to places like Indonesia, the</p>	<p>Producing and refining transportation fuels like oil, natural gas and biofuels requires a lot of water. Researchers at the Lawrence Berkeley National Laboratory estimate that the US withdraws one to two billion gallons of water to refine nearly 800 million gallons of petroleum products like gasoline every day. To complete all the</p>

	<p>This is insane. After my workout</p>	<p>of almonds I eat in my oatmeal need a whopping 186 gallons of water to grow. While the same sunflower seeds uses a moderate 39 gallons by comparison. Why does one seed take way more water to produce than another? My guess is that it stems from the different kinds of plants. Almond trees are in the prunus family, closely related to peaches. A tree is very different from a sunflower. At maturity, sunflowers are rather woody, but they still are an annual crop that dies each fall. So, a tree (like the almond tree) needs more energy to produce seeds than an herbaceous flower (sunflower plant). Maybe, that is why. As for the other components of oats and raisins, for 150g of oats, it take about 105 gallons of water while it takes 21 gallons of water to produce 30g of raisins.</p>		<p>Philippines and China. Production might include steps like mining for precious metals, creating synthetic chemicals for glue and plastic and assembling and packaging. Collectively, the water associated with each step adds up to the blue water footprint.</p> <p>In addition, manufacturing the parts creates wastewater that is released into surrounding waterways. Those waterways often have pollution limits that manufacturers must meet before they can send their wastewater down the pipe and into the waterway. The water used to clean and dilute the wastewater adds up to the grey water footprint, and in the case of the smartphone, makes up the largest portion of its total water footprint.</p>	<p>steps required to produce a gallon of gasoline takes, on average, three to six gallons of water.</p> <p>In the US, there are regulations in place that require a percentage of transportation and heating fuel be replaced by biofuels – ethanol. While it can be produced from a variety of feed stocks, 95 percent of the ethanol produced in the US comes from corn, much of which is irrigated. As it turns out, what has been touted as an eco-friendly alternative fuel is not so water-friendly. This is because, at 10 to 324 gallons of water for every gallon of fuel produced, corn ethanol uses more water than gasoline. In addition, much of the corn used for ethanol is grown in Great Plains states that rely on the increasingly water-stressed Ogallala Aquifer as an irrigation supply.</p>
Alternative	Even though the difference is	Although oats cannot be	Stone fruits such as apples	It is difficult to find an	Drive less and use less

	<p>not much, using cotton t shirt over sport shirt may be recommended because making a cotton shirt only requires 713 gallons of water. 6 gallons may not seem like a lot but when we look a that big picture - one thousand cotton shirts is 6000 less gallons of water than sports t shirt.</p> <p>Also try to only buy enough amount of t shirts. Try to give away shirts that you no longer wear to decrease the amount of t shirts being bought.</p>	<p>substituted for potatoes in this breakfast meal.. It is a possibility for any other meal if I am looking for an alternative for oats. Unprocessed potatoes need at 34 gal. of water/lb. It takes 290 gallons of water to produce one pound of rolled or flaked oats. Sweet potatoes also take less water, using 46 gal./lb., while unprocessed corn requires 146 gal./lb.</p> <p>A lot of water also goes into growing nuts. Although they're a good, nutritious source of protein, but nuts are water hogs. If I do want to opt for a less water-consuming nut, try hazelnuts and walnuts at 1,260 gal. of water/lb. and 1,112 gal./lb. respectively. Although that is still a lot of water, almonds and cashews take more, averaging 1,929 gal./lb. and 1,704 gal./lb. It takes 1,362 gallons of water to produce one pound of pistachios.</p>	<p>often use more water to produce as opposed to citrus fruits such as oranges. According to <i>This Is How Much Water It Takes To Make Your Favorite Foods</i> written by Katherine Bohrer, Citrus needs 67 gal of water./lb. for oranges, 61 gal./lb. for grapefruit and 77 gal./lb. for lemons. Plums require 261 gal./lb., apricots 154 gal./lb. and peaches 109 gal./lb. Avocados are also higher on the list at 141 gal./lb., while apples, bananas, grapes, and kiwis all take less than 100 gal./lb. Strawberries, pineapple, and watermelon require less than 50 gallons of water per pound of fruit.</p>	<p>alternate for a phone, typically an Iphone because it plays such a huge role in our daily life, but a way to definitely decrease your water footprint is to use your phone for a longer time instead of replacing them yearly. If everyone in the world decides to use their phone for a longer time, then companies such as Apple will not have to design new models and manufacture more phones to end up wasting a lot of water.</p>	<p>gasoline. You'll also save water. It takes about 3/4 of a gallon of water to extract, refine and transport the gas used to drive one mile. The average person in the US drives 37 miles per day.</p> <p>Keep your vehicle properly maintained and your tires properly inflated. Your car will run more efficiently and use less fuel.</p> <p>Don't let your engine idle. It wastes gasoline and therefore water.</p> <p>For your next vehicle, consider getting a fuel-efficient hybrid or even electric vehicle. It could help lower your water footprint because you'll use less gasoline (or none at all!).</p> <p>Take public transportation or ride a bicycle whenever</p>
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Choose five items you use/consume/wear daily. Make sure they relate to different lifestyle categories, such as: food, energy, tech, clothing, transportation, etc.

- **Take a photo of each item and research its estimated “water footprint.” (check out today’s infographic for some help)**

- **How much water is required to produce each? Were you surprised by the amounts? If so, how?**
- **Explain why those items require the amount of water that they do.**
- **Suggest an alternative to each item that has a smaller water footprint.**
 - **What changes might you make in your own life and why based on what you learned?**
 - **Is there an alternative to the item, or does conserving water mean changing your behavior?**