

# My life and my planet

## Your ecological footprint – compare your test result:



### 0 to 200 points: less than 1 earth planets

Congratulations! You help to save our planet earth. If everyone would live like you the earth would have enough resources and energy for all people in the world.



### 200 to 400 points: 1 to 2 earth planets

Not bad. You consume less resources than the average German. But if everyone would live like you the earth would not have enough resources and energy for all people in the world.



### 400 to 600 points: 2 to 3 earth planets

If everyone would live like you we would need more than two planet earths. You are like an average German – but your lifestyle contributes to destroy our planet.



### More than 600 points: more than 4 earth planets

If everyone would live like you our planet probably would have already collapsed. Only because there are many people in the world who do not consume so many resources you seem to have more resources available.



Fachunterricht  
**Englisch**  
Sekundarstufe  
Klassen 7 und 8

# My life And my planet

# Arbeits- blätter

Unterrichtsmaterial  
für den Lernbereich  
Globale Entwicklung

#### Impressum:

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Adivasi  
Tee  
Projekt

#### Hinweise:

Seitenanordnung: **Heftversion**.  
Drucken Sie die Seiten doppelseitig auf A3, falten Sie die einzelnen  
Blätter auf A4 und legen Sie die Seiten als Broschüre ineinander.

Die Informationen zur Situation vor Ort beruhen auf Interviews mit  
und Erfahrungen von unseren indischen Partner/innen bzw. Adivasi  
(Ureinwohner/innen) in den südindischen Nilgiri-Bergen.

Vielen Dank für Ihr Feedback. Unsere Materialien sind kostenfrei.  
Herzlichen Dank für Ihre Spende für unsere Bildungsarbeit.

#### Gefördert von:

Gefördert von Brot für die Welt mit Mitteln des  
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**Brot** für die Welt **BMZ** Bundesministerium für  
wirtschaftliche Zusammenarbeit  
und Entwicklung

Für den Inhalt dieser Publikation ist allein Adivasi-Kooperations-  
projekt e.V. verantwortlich; die hier dargestellten Positionen geben  
nicht den Standpunkt der Geldgeber und des Bundesministeriums  
für wirtschaftliche Zusammenarbeit und Entwicklung wieder.

Test zum ökologischen Fußabdruck nach deutschsprachiger Vorlage von BUNDjugend.

# My life and my planet

## [1] We live in one world

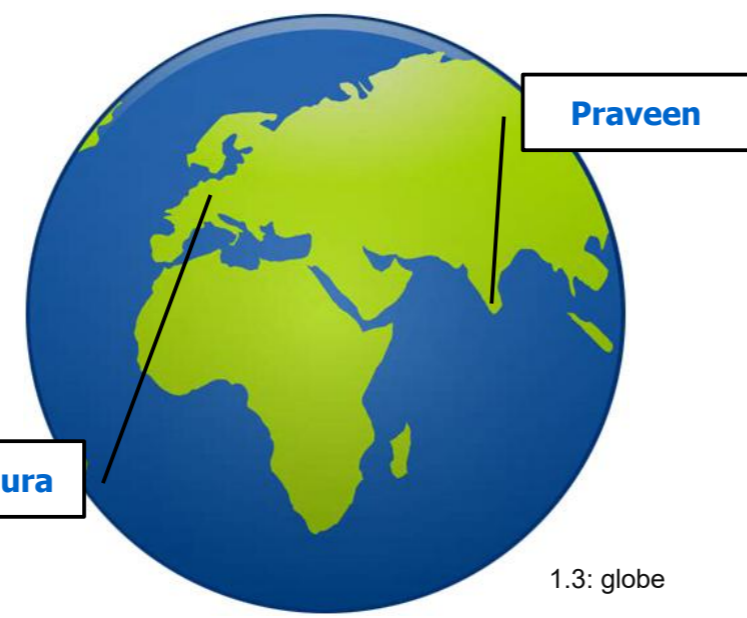


1.1: The town Gudalur in South India



1.2: Praveen in Gudalur

„I am Praveen. I am 12 years old. I live with my family in the town Gudalur in the Nilgiri mountains in South India. The photo to the left shows my town. Yes, it is very far from your place. Many things look different here, and our everyday life is different too. Let me I tell you what we discussed at school: The life of all of us is linked to nature and to our planet. So all our lives are connected, aren't they?"



Praveen

Laura

1.3: globe

„Hi, I am Laura. I am 14 years old. I study in Lauffen in South Germany. Praveen is right. All the resources we use come from our planet earth. And we all live on the same planet. So I think we all share the responsibility to protect our planet, don't you agree?"



**Task 1:**  
 a) **Read** what Praveen says. Do you agree with him?  
 b) **Read** what Laura says. Do you agree with her?  
 b) **Name** some resources from our planet earth which we use for buildings, products or everyday life:  
 S \_\_ d, W \_\_ \_\_ \_\_, O x \_\_ \_\_ \_\_,  
 W \_\_ \_\_, S \_\_ t, O \_\_ \_\_, S \_\_ \_\_ s,  
 G \_\_ \_\_, M i \_\_ \_\_ \_\_ s, l \_\_ \_\_

photo 1.1: Adivasi-Tee-Projekt  
 photo 1.2: Adivasi Munnetra Sangam

# My life and my planet

## Check your ecological footprint

Answer all questions and count your points. At the end of the test you find out if you use too many resources or not.

### Travel:

**24. How often do you travel by bus or train every week?**  
 Every day I travel more than one hour by bus or train ... 25  
 Every day I travel one hour by bus or train ... 20  
 Every week I travel 1 to 3 hours by bus or train ... 10  
 I never travel by bus or train ... 0

**25. How often do you travel by car every week?**  
 more than 500 km ... 60  
 more than 250 km ... 55  
 more than 100 km ... 50  
 more than 10 km ... 30  
 less than 10 km ... 15  
 0 km ... 0

**27. How often do you travel by airplane?**  
 more than 50 hours by airplane in the last 3 years ... 80  
 20 to 50 hours in the last 3 years ... 70  
 10 to 20 hours in the last 3 years ... 60  
 0 to 10 hours in the last 3 years ... 40  
 0 hours ... 0

**26. How many people are in the car when you travel by car?**  
 2 people ... 15  
 The car is full ... 5

**28. Where do you stay at night when you go on holidays?**  
 at a hotel ... 30  
 at a youth hostel or in a tent... 15  
 with relatives or friends ... 0  
 I spend my holidays at home ... 0



Travel -  
 My result: ..... points

my points for habitation: \_\_\_\_  
 + my points for food: \_\_\_\_  
 + my points for consumption: \_\_\_\_  
 + my points for travel: \_\_\_\_  
 -----  
 = my total points: \_\_\_\_

# My life and my planet

## [5] Travel



photo: Adivasi Munnetra Sangam

„I am **Shrudilaya**. I am 12 years old. My brother Sudhirajan is 14 years old. We live with our parents in the village Chembakolli in the Nilgiri mountains in South India. My brother and I go together to school everyday. We go to the Vidyaaya school in Gudalur. We have to walk for 3 kilometers through the forest to reach the school bus. Then it is half an hour by school bus till we reach our school.“

5.1: Shrudilaya and her family in Chembakolli

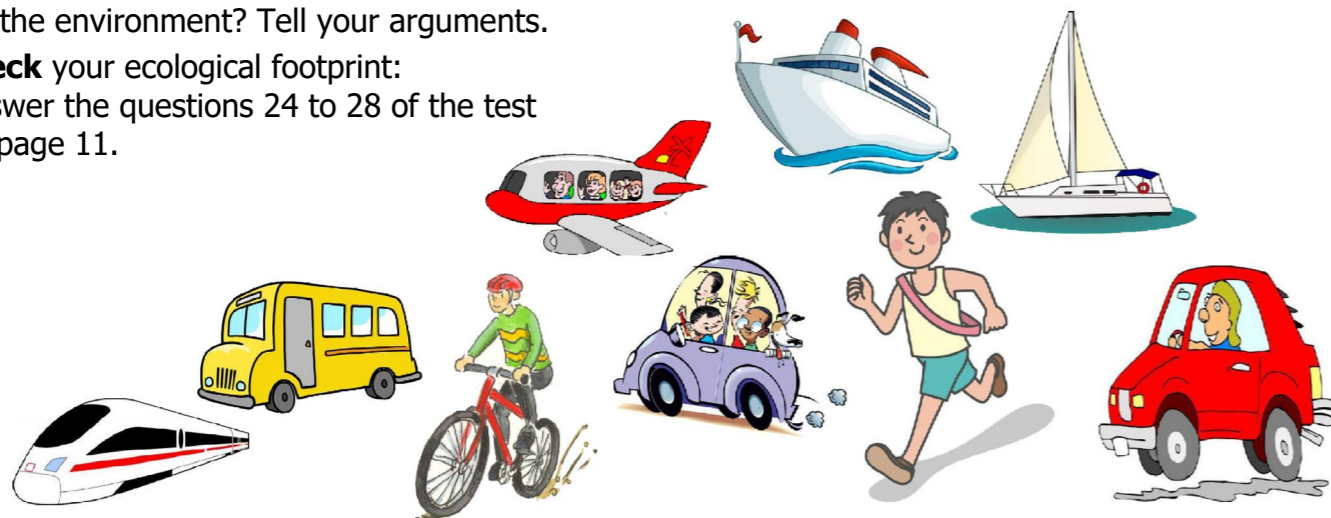
„My family does not travel much. Of course I need to travel to school. My father walks or travels by bus to work. We don't go on holidays, but we visit nearby relatives and stay with them. With our school we go on trips. We went by bus to the Mudumalai national park and to the sea.“



photo: Adivasi-Tee-Projekt

5.2: School bus of Vidyaaya school near Chembakolli

5.3: Various ways of travel



### Task 8:

- Read what Shrudilaya says.
- Write a text and explain how you travel.
- Do a ranking. Look at the pictures below. Which ways of travel are better or worse for the environment? Tell your arguments.
- Check your ecological footprint: Answer the questions 24 to 28 of the test on page 11.

# My life and my planet

## [1] We live in one world

### Task 2:

- Read text 1. Give a title to the text.
- Try to think of something which does not come from nature.

### Task 3:

- Read text 2. Give a title to the text.
- What is a renewable resource?

### Task 4:

- Read what Markus says.
- Identify: Which of the things below are made of mineral oil? - Which of the things below are made of renewable resources?



1.4: items of different materials

### Text 1:

Everything that we use we dig from the ground, collect in nature or take from animals and plants.

Some things seem to be there in large quantities. The earth has large rivers and lakes, deserts and beaches, large forests and jungles. But nothing is unlimited – even water, sand and wood are limited.

A lot of water is needed for production and recycling. A lot of sand goes into the construction of buildings and streets. A lot of wood is used to make houses, furnitures or paper. We use mineral oil to produce plastic, fuel and petrol.

### Text 2:

Some natural resources are renewable, some are not.

Wood is renewable – but it takes time till trees are big. New generations of fishes grow, when we do not fish to many parent fish.

We can use water again, but we need a lot of energy to clean the water. And we have much more salt water than drinking water.

Sand is not renewable – we cannot make new sand. Mineral oil of course is not renewable.

„Hi, I am **Markus** from Lauffen. It is better for the environment and our planet to use renewable resources.“

„I went to the Nilgiri hills in South India. I saw how people collect rain water. They try to use only little of natural resources.“



photo: Adivasi Munnetra Sangam

1.5: An adivasi woman in Gudalur collects water.

# My life and my planet

## [2] Habitation



2.1: Anand and his mother in front of their house

„I am Praveen's friend **Anand**. I also live in Gudalur in South India. I live with my mother, father and sister in a town house. We have a kitchen, a bathroom and two rooms. In the afternoons and evenings we like to sit on our veranda. But in the rainy season this is difficult. None of my friends have their own room, there is no space for many rooms. Here it is normal, that we share our rooms. I don't miss my own room. We don't need heating. Some people have aircondition to cool the rooms, but we don't. The mud walls warm our rooms in the rainy season and cool it in summer.“

„I am **Shantakumari**. I visit the same school as Praveen and Anand in Gudalur. But I live with my family in the village Kottaimedu. Our house is also a mud house like Praveen's house. But my father built it with a bamboo construction. All materials are locally available. We have a kitchen, one room and our veranda. There is a small separate bathroom nearby. We don't have electricity. But soon we will get solar power like some of my friends.“



2.2: Shantakumari and her family in front of their house



2.3: A traditional adivasi house with solar panels in front

photos 2.1 & 2.2: Adivasi-Tee-Projekt  
photo 2.3: Adivasi Munnetra Sangam

### Task 5:

- Read** what Anand says.
- Read** what Shantakumari says.
- Write** a text and explain how you live.
- Discuss** these questions:
  - Is a big house or small house better for the environment?
  - Is more or less heating/ aircondition better for the environment?
  - Are local or oversea materials better for the environment?
  - Is solar energy the best option?
- Check** your ecological footprint: Answer the questions 1 to 5 of the test on page 5.

# My life and my planet

## Check your ecological footprint

Answer all questions and count your points.

At the end of the test you find out if you use too many resources or not.

### Consumption:

15. How often do you buy or get new clothes?

- every week ... 40  
 every month ... 30  
 once in 2 or 3 months ... 10  
 once in 6 months ... 0

17. What kind of paper do you use?

- very white paper ... 20  
 I don't care ... 20  
 recycled paper ... 0

19. How long are you showering each week? (One bath is equal to 30 minutes showering)

- more than 2 hours ... 30  
 1 to 2 hours ... 25  
 30 minutes to 1 hour ... 20  
 less than 30 minutes... 15

21. How many hours do you use TV, Radio, computer or music player every day?

- more than 12 hours ... 55  
 more than 6 hours ... 40  
 more than 3 hours ... 10  
 less than 3 hours ... 5  
 I don't use it ... 0

23. What are your buying habits?

- We often have new furniture and electronic devices ... 50  
 We have a lot of furniture and many electronic devices ... 30  
 We don't need extra furniture or electronic devices. We don't have a tumble dryer for instance ... 20

16. Do you use second hand clothes or products?

- Almost all my clothes and products are second hand ... minus 25  
 Many of my clothes and products are second hand ... minus 10  
 Some of my clothes and products are second hand ... minus 5  
 I never use second hand clothes or products ... 10

18. How much do you or your parents spend on luxury items (not clothes)?

- more than 200 € per month ... 60  
 100 € to 200 € per month ... 50  
 50 € to 100 € per month ... 30  
 25 € to 50 € per month ... 15  
 less than 25 € per month ... 0

20. Do you switch off the TV, computer or music player?

- No, I don't switch it off ... 35  
 I switch it to stand by mode ... 20  
 Yes, I switch it off ... 0

22. How often does your family use the washing machine?

- every day ... 30  
 every second day ... 25  
 every week ... 20  
 less than every week ... 15



Consumption -  
My result:

..... points

## My life and my planet

### [3] Food



3.1: Praveen and his family

„Hi, here is **Praveen** again. Here you see my family. My sister Danya is 5, my younger brother Vipin is 9 years old. My grandmother also lives with us. I like her very much. She is a good cook. I like the Dosa she makes – dosa is like pancakes. My father works in a vegetable shop in Gudalur. Many Indians eat vegetarian food, but I like to eat fish and meat. Even then we don't have it every day, only on some days. Mostly I drink tap water. In the morning and afternoon I drink tea with milk and sugar. When I go to the town I like to buy fresh fruit juice.“



3.2: Indian lunch with rice, bread, vegetables, lentils

photo 3.1 & 3.2: Adivasi-Tee-Projekt

#### Text:

For a healthy nutrition we need vitamins and minerals, fat, carbohydrates and proteins. You know that vegetables and fruits are healthy. We eat bread, potatoes, rice or noodles to get energy.

But do you know that proteins are not only in meat, fish and eggs? Some lentils really have a lot of proteins. Many Indians eat vegetarian, but every day they eat lentils with their vegetable sauce.



#### Task 6:

- Read** what Praveen says. Tell what he eats.
- Read** the text. What can you eat to get proteins?
- Read** what Verena says. Why does she drink tap water?
- Write** a text and tell what you eat and drink.
- Tick the correct answer:** Which one is better for the environment?
  - less fish and meat --  more fish and meat
  - tap water –  water in plastic bottles
  - fresh fruit juice –  fruit juice in tetra packs
  - regional products –  oversea products
- Check** your ecological footprint: Answer the questions 6 to 14 of the test on page 7.

„Hi, I am **Verena** from Lauffen. We had Indian guests from Gudalur at my house. They said: „Why do you buy water in bottles? You produce a lot of plastic waste.“

„I think they are right. In India the tap water is not save, but here it is. Do you know that in Germany the tap water sometimes has more minerals than the mineral water? Now I drink tap water and save plastic. It is tasty!“



## My life and my planet

### Check your ecological footprint

Answer all questions and count your points.

At the end of the test you find out if you use too many resources or not.

#### Food:

##### 6. Where is most of your food from?

- from local farmers and traders ... 0
- from Germany ... 5
- from Europe ... 10
- from other continents ... 15

##### 7. Do you eat fresh food products?

- I eat only fresh food products ... 0
- I eat mostly fresh food products ... 5
- I eat fresh food, frozen food and canned food ... 10
- I eat mostly frozen food and canned food ... 15

##### 8. How often do you eat organic food products?

- always ... 0
- very often ... 2
- sometimes ... 7
- never ... 10

##### 9. How often do you eat fish?

- Every day I eat fish ... 8
- Every week I eat fish ... 6
- I rarely eat fish ... 4
- I never eat fish ... 0

##### 10. How often do you eat meat or sausages?

- Every day I eat meat or sausages ... 10
- Every week I eat meat or sausages ... 4
- I rarely eat meat or sausages ... 2
- I never eat meat or sausages ... 0

##### 11. How often do you eat other animal products (milk, eggs, butter, cheese...)?

- Every day I eat other animal products ... 8
- Every week I eat other animal products ... 5
- I rarely eat other animal products ... 3
- I never eat other animal products ... 0

##### 12. What do you drink most?

- tap water ... 1
- mineral water ... 2
- apple juice from Germany ... 3
- orange juice ... 8
- soft drinks ... 12

##### 13. Which beverage packaging do you use most?

- tins ... 10
- tetra packs ... 6
- disposable bottles ... 4
- returnable bottles ... 2

##### 14. Do you throw away food?

- often ... 8
- sometimes ... 4
- seldom ... 2

Food -

My result:

..... points



# My life and my planet

## [4] Consumption



photo: Adivasi-Tee-Projekt

4.1: Aghalya in Gudalur, South India

„Hi, I am Aghalya. Sometimes I like to go to the town Gudalur and do a little shopping. But shopping is not my hobby. I have many other hobbies: I like to chat with my friends, sing songs and play frisbee.“

### Task 7:

- Read** the text. Give a title to the text.
- Read** what Aghalya says.
- Share your opinion:** Do you like to shop new clothes and why? Could you manage with less new clothes?
- Think:** Which activities do not need much money and save natural resources? Do you like these activities?
- Check** your ecological footprint: Answer the questions 15 to 23 of the test on page 9.



photo: Adivasi-Tee-Projekt

4.2: Frisbee game in Gudalur in South India



photo: Adivasi Munnetra Sangam

4.3: Prasath watches TV at his home in Gudalur

### Text:

Like other teenagers Aghalya likes to wear pretty clothes and buy new things. But she only buys a few things and rarely she gets new clothes. But every day she and her friends dress well to look pretty.

What do you think: How many clothes do you need to keep yourself warm and dry, to look good and to be happy?

# My life and my planet

## Check your ecological footprint

Answer all questions and count your points.

At the end of the test you find out if you use too many resources or not.

### Habitation:

#### 1. Where do you live?

- in a single family house for 1 family ... 40
- in a town house house for 2 to 4 families ... 20
- in a house with more than 4 flats ... 10



#### 2. How big is your flat or house?

- Each person of my family has 1 to 20 m<sup>2</sup> ... 10
- Each person of my family has 20 to 40 m<sup>2</sup> ... 20
- Each person of my family has 40 - 60 m<sup>2</sup> ... 30
- Each person of my family has more than 60 m<sup>2</sup> ... 40

#### 3. Which heating system do you have at home?

- electricity ... 30
- oil ... 20
- gas or steam ... 15

#### 4. How warm is your house?

- 18° (I wear a thick pullover) ... 0
- 20° (I wear a normal pullover) ... 15
- 22° (I wear a T-Shirt) ... 40

#### 5. What energy do you buy at home?

- We buy energy from a company using renewable energy ... minus 10
- We don't buy energy from a company using renewable energy ... 15

„Hi, here is Laura again. I live with my family in a fairly big town house where I have my own room. I like my room really warm. I think I use more resources than Praveen, Anand or Shantakumari. From now onwards I will heat my room less and wear a pullover.“

Habitation -  
My result: ..... points

