



A Healthier You; A Healthier Planet

How much do you know about the connection between your health and global warming?

- Among school-aged children in the US, ___ percent walk to school regularly.
A. 5 B. 10 C. 20 D. 40
- This decrease in walking to school coincides with an alarming increase in childhood obesity. Today ___ per cent of kids in Massachusetts are overweight or obese.
A. 15 B. 22 C. 33 D. 55
- According to the Federal government, kids should get ___ minutes of physical activity each day.
A. 10-30
B. 15-45
C. 30-60
D. 60-90
- If every American skipped one meal of meat each week, the positive impact on climate change would be the same as taking ___ cars off US roads.
A. 500 B. 5,000 C. 50,000 D. 500,000
- How many gallons of water are involved in making one hamburger patty?
A. 100 B. 300 C. 500 D. 600
- Producing a half pound of hamburger for someone's lunch releases as much greenhouses gas as driving a 3,000-pound car nearly ___ miles.
A. 3 B. 5 C. 10 D. 30
- If you eat meat-free for one day each week, what will your impact be on reducing carbon dioxide emissions (polluting the air) a year?
A. 100 less pounds
B. 300 less pounds
C. 500 less pounds
D. 700 less pounds
- If we reduce meat consumption by 10% in the US, we will free enough grain to feed _____ million more people throughout the world.
A. 1 million
B. 30 million
C. 60 million
D. 90 million
- A 2006 United Nations Report found that the meat industry produces more green house gases than:
A. SUVs and Cars
B. SUV, Cars and Trucks
C. Planes and Ships
D. All of the Above
- The most important health reason to limit red meat consumption is:
A. The saturated fat in red meat contributes to overweight and obesity
B. Red meat is low in fiber
C. The quality of the protein in red meat ranks below the protein of egg whites, fish or dairy products
D. All of the above

1. **10%.** Thirty years ago walking or biking to school was very common; nearly 90% of children who lived within a mile of school either walked or biked. The use of cars, instead of walking/biking as transport to and from school, has increased from 16% in 1969 to close to 50% in 2001.
2. **33%.** Being overweight or obese leaves children at risk for developing chronic conditions such as diabetes or heart disease.
3. The CDC (Centers for Disease Control) states that elementary school children should accumulate at least **30-60 minutes** of physical activity on all, or most, days.
4. **500,000 cars.** According to the Environmental Defense Fund, substituting vegetarian foods for meat would have a significant positive impact on reducing carbon dioxide emissions.
5. It takes **600** gallons of water to build a hamburger patty. Water is involved in raising the cattle, in the slaughter and processing steps, in freezing and transporting the meat, in keeping meat refrigerated at the grocery store, and in preparing it for cooking.
6. **10 miles.** Carbon dioxide emissions are one of the primary factors associated with global warming. According to the Live Earth Concerts handbook, "Refusing meat is the single most effective thing you can do to reduce your carbon footprint."
7. **700 less pounds.** Many conscientious people try to help reduce global warming by driving more efficient cars and using energy-saving light bulbs. They could do even more by eating less meat.
8. **60 million.** A renowned Harvard nutritionist estimated that reducing meat consumption by just 10 percent in the US would free enough grain to feed 60 million people. A 10-acre farm could feed 60 people eating soybeans, 24 people eating wheat, 10 eating corn, but just two regular beef eaters.
9. **All of the above.** Yet another statistic to support reducing your intake of meat. Carbon dioxide emissions are one of the primary factors associated with global warming. According to the Live Earth Concerts handbook, "Refusing meat is the single most effective thing you can do to reduce your carbon footprint."
10. **All of the above.** Eating less red meat lowers one's risk for chronic diseases such as cardiovascular disease, diabetes, and some cancers.

