

# FOOD INVENTORY WORKSHEET

Name:

Date:

Class period:

List the foods you (or your study subject) ate for one week.

| Day       | Food eaten                                     |
|-----------|------------------------------------------------|
| Sunday    | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Monday    | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Tuesday   | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Wednesday | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Thursday  | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Friday    | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |
| Saturday  | Breakfast -<br>Lunch -<br>Dinner -<br>Snacks - |

Add up the number of servings you ate of the following.

- Beef
- Chicken
- Pork
- Fish and seafood
- Eggs
- Milk and yogurt
- Cheese
- Beans and legumes
- Fruits
- Vegetables
- Wheat and grains
- Rice
- Fats and oils
- Nuts and seeds

Calculate your environmental footprint using the Harvard footprint calculator website:  
<https://harvard-foodprint-calculator.github.io/>

|        |          |       |
|--------|----------|-------|
|        |          |       |
| Carbon | Nitrogen | Water |

Note:  
1 kg = 2.2 pounds  
1 g = 0.0022 pounds  
1 L = 0.264 gallons