

GROWING FOOD

FOOD NEEDED

per person per day*

- Adults: 2 kilos
- Children: 1.5 kilos

NEEDED FOR FOOD PRODUCTION*

| Per kilo of product: | Area | Water | Energy | CO ₂ Emissions |
|----------------------|--------------------|---------------|---------|---------------------------|
| Pork | 8 m ² | 4,800 litres | 7 kWh | 8 kilos |
| Beef | 18 m ² | 15,000 litres | 16 kWh | 28 kilos |
| Chicken | 5 m ² | 4,300 litres | 4 kWh | 4 kilos |
| Milk | 2 m ² | 1,500 litres | 0.3 kWh | 1.3 kilos |
| Eggs | 0.5 m ² | 250 litres | 0.6 kWh | 3 kilos |
| Cheese | 15 m ² | 5,500 litres | 8 kWh | 9 kilos |
| Wheat | 1.5 m ² | 1,300 litres | 1.5 kWh | 0.7 kilos |
| Potatoes | 0.2 m ² | 250 litres | 0.7 kWh | 0.3 kilos |
| Tomatoes | 0.4 m ² | 180 litres | 0.6 kWh | 2.5 kilos |
| Lettuce | 0.3 m ² | 130 litres | 0.4 kWh | 0.7 kilos |
| Kale | 0.6 m ² | 240 litres | 0.7 kWh | 0.3 kilos |
| Broccoli | 0.3 m ² | 285 litres | 0.6 kWh | 0.6 kilos |
| Carrots | 0.2 m ² | 130 litres | 0.3 kWh | 0.1 kilos |
| Cauliflower | 0.5 m ² | 250 litres | 0.7 kWh | 0.3 kilos |
| Leeks | 0.6 m ² | 250 litres | 0.6 kWh | 0.3 kilos |
| Strawberries | 0.8 m ² | 500 litres | 1.3 kWh | 3 kilos |
| Apples | 0.7 m ² | 700 litres | 0.6 kWh | 0.4 kilos |
| Bananas | 0.6 m ² | 790 litres | 2 kWh | 0.8 kilos |
| Pears | 0.7 m ² | 750 litres | 0.7 kWh | 0.3 kilos |

* Loosely based on reality.

