

SPECIAL REPORT

FOOD & WATER

A Message from Philippe Cousteau:

Without a doubt, water is the most important resource on our planet. Humans need water every day for a number of needs, including washing, preparing food, and drinking. However, water is not always clean and safe for animals and people. Water around the world is in trouble.

This is where we come into play (all of us, including you and me). We make choices every day that impact our planet. Usually, we just go on with our lives and rarely think about some of these actions, but our actions can protect or harm the environment. We must give thought to the choices we make. Even small changes can have a large impact on the world.

I have met kids all around the world who care about the Earth and its water. They care about the oceans, seas, streams, rivers, lakes, ponds, and swamps that are in their own backyards. They also care about water that is far away. Kids want to protect animals that live in the water.

They also want people to have clean, safe drinking water. They want to do something big to help. They can help--and so can you!



Philippe Cousteau

Kids in Action!

Water Drops with a Message

The country of Turkey is located in a dry part of the world. Saving water there matters a lot. In the city of Izmir, a group of young students dressed up as little blue water drops and put on a play about water in the city's main square. They handed out stickers with information about saving water and asked people to put these stickers in their kitchens and bathrooms to remind them to use less water. These little water drops made a big splash!



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Knowing Our Watershed

Kids at Prospect Sierra Schools in California live near the Baxter Creek watershed. Kindergarteners and second graders explored the area and picked up trash along the creek's banks to keep the creek healthy. The students wanted other people to care about their watershed too, so they wrote a book describing plants and creatures found in the watershed.

Water for Food

Can you guess what people use water for the most? It's more than drinking, washing, and cooking combined. Farming! Two-thirds of all the water we use goes into watering crops that grow vegetables and grains that we eat. If you eat meat, water is also used for the crops that feed the animals you eat. What can you do to help?

You can eat less meat because so much water is required to produce it. You can also save water by eating locally grown food. Most food travels about 1,200 miles before landing on your plate! Salmon from Alaska, tomatoes from Mexico, and apple juice from China—they all take a lot of energy (and water) to move this food from place to place. Trucks, trains, planes, and boats that carry food and other goods create pollution that makes our air and water dirty.



Water Quality: It's Up to You!

We use water from the moment we get up in the morning until we go to sleep at night. We flush toilets, shower, brush our teeth, eat, and drink. All these actions depend on water!



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This happens all day long in our homes, schools, and communities, and even in countries all across the globe. Do these actions matter?

Yes. Every action matters. Since clean, fresh water is an important resource that is becoming hard to find, we need to protect what we have. The first step is to gain information and knowledge. What we know can change the choices that we make. Our choices add up.

So why should we care about water quality? We need clean water for drinking, preparing food, and washing. However, when humans (that's us) use water wastefully, rivers dry up, lakes are polluted, and animals and plants may die. The quality of water impacts the quality of life.

To find out more about water quality and what you do every day, investigate!

Are You a Water Waster?

Think about how often you do each of these water-wasting activities:

- Shower longer than 5 minutes
- Keep the water running while brushing your teeth
- Keep the water running while washing dishes
- Run a half-full load of laundry
- Use the toilet to flush trash

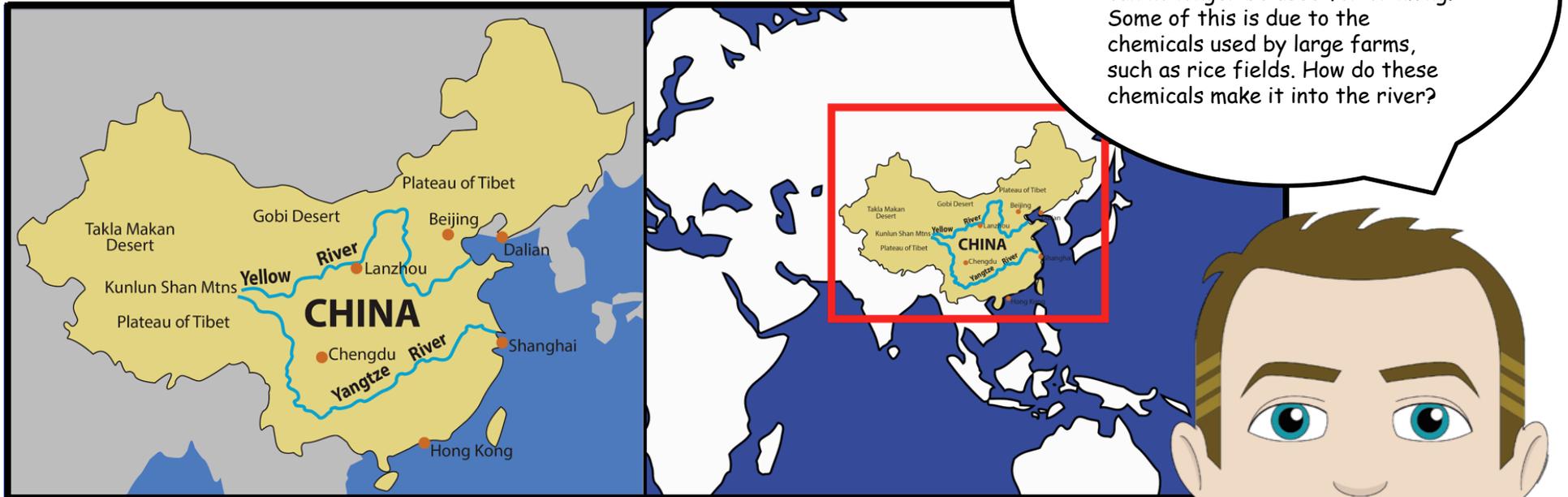


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Farming for Pollutants

Yangtze River, China



Discussion questions:

- What chemicals are used for farming?
- How does the coloring from the Skittles represent the actions of these chemicals?
- What could the white lettering represent?



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Food for Thought

Which statements about composting are TRUE?

- Composting creates nutrient-rich soil for plants to grow.
- Compost reduces the need for fertilizers.
- Composting reduces the amount of waste in landfills.
- Compost increases the amount of water absorbed by soil.
- Compost reduces erosion.
- Compost can control diseases that can harm crops.
- Compost can break down pollutants in soil.
- Compost reduces chemical pollutants in the water supply.



PLAN OF ATTACK

FOOD & WATER

School Plan of Attack

Problem:

Service idea and purpose:

Expected outcome:

What materials do you need?

Who could be community partners?

What are some fundraising ideas?

How can you spread the word?

How will you share with the community?

How will you know it worked?

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PLAN OF ATTACK

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Four Square Reflection

<p>What changes occurred</p>	<p>How do you feel?</p>
<p>Summarize your results.</p>	<p>What can you do in the future?</p>

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