

### How Much Water Are You Eating?

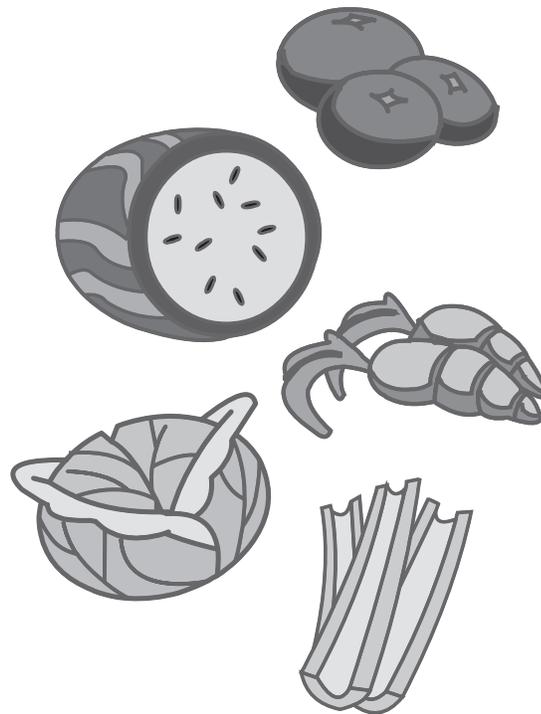
You know we must have water to survive. But did you know we eat more water than we drink?

People use water in two different forms. One is direct water usage, and the other is indirect water usage. Turning on a faucet, taking a shower, and watering the yard are direct uses of water. On the other hand, the water that goes into producing the food we eat is an indirect use of water.

All the food we eat requires water to grow. Water for growing food is either supplied by rain (or other precipitation) or added through irrigation. Even more water is needed when the food is cleaned and processed. Let's think about the amount of water it takes to get some of our food.

Guess how many gallons of water it takes to produce a single serving of each of the common foods below:

1. Lettuce = \_\_\_\_\_ gallons
2. Chicken = \_\_\_\_\_ gallons
3. Steak = \_\_\_\_\_ gallons
4. Almonds = \_\_\_\_\_ gallons
5. Rice = \_\_\_\_\_ gallons
6. Watermelon = \_\_\_\_\_ gallons
7. Hamburger = \_\_\_\_\_ gallons
8. French fries = \_\_\_\_\_ gallons
9. Tomatoes = \_\_\_\_\_ gallons
10. Milk = \_\_\_\_\_ gallons



After checking your amounts, plan a meal using the above items. List the foods you will use and calculate the number of gallons of water that went into making the meal. (Remember, this is the water it takes to produce the food, not the amount of water contained in the food.)

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## The Challenges – Teacher Resources

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### Answer key

How Much Water Are You Eating?

1. Lettuce = 6 gallons
  2. Chicken = 408 gallons
  3. Steak = 2,607 gallons
  4. Almonds = 12 gallons
  5. Rice = 36 gallons
  6. Watermelon = 100 gallons
  7. Hamburger = 1,303 gallons
  8. French fries = 6 gallons
  9. Tomatoes = 3 gallons
  10. Milk = 65 gallons
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## The Challenges – Teacher Resources

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### Reading Response Questions

#### How Much Water Are You Eating?

- Short Response  
The text states that we eat more water than we actually drink. What does the author mean by this statement?
- Extended Response  
We use water in two different forms, directly and indirectly. Explain the difference in direct use of water and indirect use of water.

### Writing Prompt

#### How Much Water Are You Eating?

- Expository  
Sources tell us that it takes about 2,607 gallons of water in order for us to have steak to eat. Think about ways the water is used to prepare this food. Write to describe the use of water in providing steak for a meal.