

Exploration Lab: Calculating Land Area

All living organisms require food for energy and nutrition. Plants produce their own food energy from sunlight through the process of photosynthesis. This transformation of energy provides the basic food source for all other organisms in the food web, including you.

A typical teenager's diet contains 2,500-3,000 Calories per day, or about 1 million Calories annually. Calories are units for measuring energy. The definition of a calorie is the amount of energy needed to raise the temperature of 1 gram of water 1°C. This is a small unit of measurement compared with what a person eats normally. Food energy is usually measured in kilocalories (kcal). One kcal equals 1,000 calories or one nutrition Calorie (spelled with an uppercase C). All energy values for food are reported in either Calories or kcals.

You can find nutritional information on the box or wrapper of most packaged foods. Fast-food restaurants provide nutritional information for their menu items on request. For other items, you will need to look up the Calorie information in a calorie counter, a reference book that lists most foods and their caloric content.

The estimated energy captured by crop food plants is about 2,000 Calories per square meter of cropland per year (a number based on the average energy values of several different crops). Likewise, an estimate of livestock or animal energy production is about 200 Calories per square meter of cropland. This figure is much lower because animals absorb only a fraction of the energy contained in the plants they eat. The values for energy production for plants and animals can be used to calculate the amount of cropland required to maintain a particular diet.

How much of Earth's resources does it take to provide the food energy to support you, your family, or the people in your community? These are important questions as the human population continues to increase. In this activity, you will investigate the land resources necessary to support the food that you eat.

OBJECTIVES

Collect data on your eating habits.

Discover how much farmland is required to support your diet.

Compare how much land is required to support an entire city on your diet to the land required to support a city on a vegetarian diet.

Procedure

1. Prior to class, keep track of types and quantities of food you eat in a 24-hour period, including between-meal snacks and desserts. Write this information in Table 1 on the next page. List plant items (vegetables, fruits, and grains) and animal items (meats, dairy, eggs, fish) separately.
2. During class, use online Calorie charts and record the number of Calories for the food you consumed in Table 1. For some food items, such as pizza or cheeseburgers, you'll need to

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