

# Climate Quest Resources Grade 9 to 10

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\*Links open best in Google Chrome\*

## Plant based recipe challenge

Watch as Jimmy leads a vegan chocolate chip cookie recipe. Our challenge for you is to find a plant-based recipe and try it at home!



**Monday Meals: The Climate Conscious Cookies**

Total Time: 40 minutes  
Number of cookies: 15-20 cookies

**Dry ingredients:**  
1/2 cup granulated sugar  
1/2 cup brown sugar (for coconut sugar)  
1 1/2 cups all-purpose flour  
1/2 teaspoon baking soda  
1/2 teaspoon baking powder  
1/4 teaspoon salt  
1/2 bag (15 oz.) vegan semi-sweet chocolate chips (34 cups)

**Wet ingredients:**  
1/2 cup melted coconut oil (or vegetable oil - canola\*)  
1/4 cup unsweetened plain based milk of choice (like more if needed)  
1 teaspoon vanilla extract

\*If you use solid coconut oil, melt it in a glass measuring cup. \*Use solid butter in the recipe and add a splash.

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## Investigate your plate

Use the drawing and calculation activity to find out just how climate-friendly your meals are!

**MEALS MONDAY! Investigate Your Plate**

Here are the steps for your challenge on this new Meals Monday!

- Have a look at the sheet "Investigate Your Plate" on page 1 of this activity kit to learn about greenhouse gas emissions (GHG) from different types of food, and how to reduce your GHG footprint.
- Using a copy of page 2, we have prepared what you will need for your plate during your meals today for breakfast, lunch and supper. You will need to use the information on page 1 to help you choose your meals.
- In the table on page 2, list the foods you have chosen on the plate. Using the information on page 1, figure out the number of greenhouse gas emissions (GHG) for each food item. Add up the total for your plate. (You can use the information on page 1 to help you choose your meals.)
- With your page 2 results in hand, have a discussion with an adult at home about your plate. Discuss how to reduce the greenhouse gas emissions of your meals. Think of things you could change to reduce the contribution of your meals to greenhouse gas emissions.

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## Food preservation

Use the following info and activity sheets to learn about interesting facts and discover tricks to try food preservation at home.

**MEALS MONDAY! Preserved Foods**

Preserving food helps reduce food loss. It is a way to preserve fresh and nutritious ingredients, and to extend the shelf life of your food. It also helps reduce food waste and greenhouse gas emissions.

**4 tips for safety:**  
1. Wash your hands thoroughly with soap and water before handling food.  
2. Use clean, sanitized surfaces and tools.  
3. Store preserved foods in airtight containers.  
4. Consume preserved foods within their shelf life.

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## Dealing with food waste : compost, broth & regrowth

We are exploring different ways we can reduce food waste by composting, creating broth and regrowing veggie scraps! Use the activity sheet to try and regrow some of your favorite veggies.



**MEALS MONDAY! Regrow Your Foods**

**ACTIVITY**

Have you ever seen those little white roots growing out of the bottom of your vegetable scraps? These are called "regrow" roots. They are the plant's natural way of regrowing itself. You can use these roots to regrow your favorite vegetables at home.

**STEP 1:** Cut the stems of your vegetable scraps into 2-3 inch pieces. Wash them thoroughly.

**STEP 2:** Place the stems in a shallow container. Add water to the container. Change the water every 2-3 days.

**STEP 3:** Add about 1/2 inch of new growth. This is the best time to plant them in soil.

**STEP 4:** After 1-2 weeks, you should see new growth. This is the best time to plant them in soil.

Source: [www.earthfriendlyliving.com](http://www.earthfriendlyliving.com)

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## Two peak energy challenge

Did you know most households follow a predictable pattern of daily electricity use? Find out when your household is using the most electricity by taking our two peak challenge!

**Mardi en Débranche: Défi des deux points**

Qu'est-ce que le défi des deux points?

Le défi des deux points est un défi qui consiste à réduire sa consommation d'électricité pendant deux périodes de 15 minutes par jour. Ces périodes sont choisies par les participants. Le défi est de réduire sa consommation d'électricité pendant ces deux périodes de 15 minutes par rapport à la consommation d'électricité pendant les autres périodes de 15 minutes de la journée.

Comment participer?

1. Choisir deux périodes de 15 minutes par jour pendant lesquelles on va réduire sa consommation d'électricité.

2. Mesurer sa consommation d'électricité pendant ces deux périodes de 15 minutes.

3. Comparer sa consommation d'électricité pendant ces deux périodes de 15 minutes à sa consommation d'électricité pendant les autres périodes de 15 minutes de la journée.

4. Réduire sa consommation d'électricité pendant ces deux périodes de 15 minutes.

5. Répéter le défi pendant plusieurs jours.

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**Device: My household energy demand profile**

This table provides a list of common household devices and their energy consumption. It is a helpful tool for identifying energy-consuming devices in your home and for reducing energy consumption.

Device	Power (W)	Energy (kWh)	Points
Refrigerator	100-200	1-2	1 POINT
Freezer	100-200	1-2	1 POINT
Washing Machine	500-1000	1-2	2 POINTS
Dishwasher	1000-1500	1-2	2 POINTS
Electric Stove	1000-1500	1-2	2 POINTS
Electric Kettle	1000-1500	1-2	2 POINTS
Electric Heater	1000-1500	1-2	2 POINTS
Electric Fan	50-100	1-2	1 POINT
Light Bulb	10-100	1-2	1 POINT
TV	50-100	1-2	1 POINT
Computer	50-100	1-2	1 POINT
Printer	50-100	1-2	1 POINT
Scanner	50-100	1-2	1 POINT
Drum Printer	50-100	1-2	1 POINT
Flatbed Printer	50-100	1-2	1 POINT
Smartphone	50-100	1-2	1 POINT
Tablet	50-100	1-2	1 POINT
Laptop	50-100	1-2	1 POINT
Desktop PC	50-100	1-2	1 POINT
Smart TV	50-100	1-2	1 POINT
LED TV	50-100	1-2	1 POINT
LCD TV	50-100	1-2	1 POINT
Smartwatch	50-100	1-2	1 POINT
Smartwatch (Always-on display)	50-100	1-2	1 POINT
Smartwatch (Always-on display, Always-on display)	50-100	1-2	1 POINT
Smartwatch (Always-on display, Always-on display, Always-on display)	50-100	1-2	1 POINT

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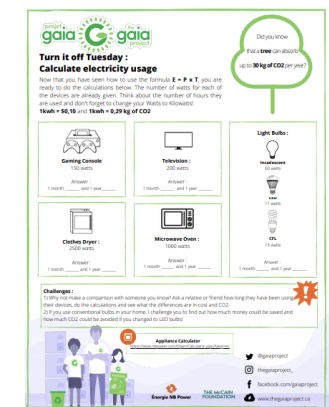
### Composting with worms

Explore the process of composting with worms called vermicomposting! Join Brittany as she explains what is going on in the worm bin and follow the journey of a banana peel as it's eaten and decomposed.



### Energy use : calculating cost & pollution

Discover how to calculate cost and pollution associated with energy use! This video will give you the tools you need to complete the activity sheet and collect energy data!



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