PLANETE ENERGIES

Transcript Vidéos– TRUE OR FALSE?

#1 – A glass of water has a smaller carbon footprint than a glass of soda.

TRUE

To calculate the carbon footprint of a glass of water, you need to look at: Catchment / Treatment / Distribution / Refrigeration

For bottled mineral water, the carbon footprint increases significantly with: Bottling / Packaging / Distribution to stores / Shipping

For soda, the carbon footprint expands even more due to: The production and processing of the raw materials used to make the beverage and carbonation.

#2 – A hamburger has a larger carbon footprint than a gyro (or doner kebab).

FALSE

Both of these snacks are made from the same food types: bread – vegetables – meat

Their carbon footprint could be roughly the same.

It all depends on how much they weigh.

However, if there's cheese on the hamburger, the carbon footprint could be bigger, because making cheese requires feeding and milking cows then shipping and processing the milk.

#3 – Chocolate has one of the biggest carbon footprints of all foods.

TRUE

There's one simple reason for this: Chocolate is made from cocoa beans.

These only grow in certain countries

Côte d'Ivoire – Ghana – Indonesia – Nigeria – Brazil

Growing them requires a huge amount of water.

Shipping the beans to chocolate factories also makes a big contribution to the overall carbon footprint.

Plus, chocolate is highly processed, with added ingredients such as sugar and milk, which also have a large carbon footprint.

#4 – 1 hour of reading generates a smaller carbon footprint than 1 hour of video streaming.

TRUE

All of those videos available online are hosted on storage servers, which need to be supplied with a constant stream of electricity, greatly expanding the carbon footprint of streaming.

And the higher the image definition, the bigger the carbon footprint. HD / 4K / 8K

Reading a book uses much less energy.

Most CO_2 emissions from reading are attributable to the paper-making process, which requires lots of wood, water and energy.

#5 – Cycling is the mode of transportation with the smallest carbon footprint.

TRUE

If you ignore the carbon emitted from manufacturing the bicycle, cycling is the greenest mode of transportation, with 0g of CO_2/km

This means it comes last when ranking transportation by CO_2/km,

tying with skateboarding and rollerblading, for example.

Here are the top 3

1st place: CARS

2nd place: BUSES

3rd place: MOTORCYCLES

#6 –

It takes more raw materials to make sneakers than a cotton dress.

FALSE

The clothes we wear have a bigger environmental impact than you may think.

Making clothes uses a huge amount of water.

1 pair of jeans = 7,000 to 10,000L*

* According to a September 2018 report by ADEME.

That's around 50 to 70 bathtubs full.

It also requires coal, oil, natural gas, copper, iron, nickel, phosphorus, uranium and more.

These resources are used to power garment factories and make fabrics

but also to dye cloth (mercury and lead) and tan leather (chrome).

Did you know? To make a 300g cotton shirt, you need to extract 79 times* its weight in raw materials.

* According to a September 2018 report by ADEME.

For a cotton dress, the amount of raw materials needed is estimated at nearly 100kg*, compared with 20kg* for a pair of sneakers.

* According to a September 2018 report by ADEME.