

# Do You Really Need It?

Name Noah

## Worksheet

Date \_\_\_\_\_

Things I use everyday that require energy, and time spent using them:

| Item     | How long it takes it |
|----------|----------------------|
| iPad     | 4.5 Hrs              |
| Air Pods | 30 mins              |
| Fridge   | 24 Hrs               |
|          |                      |
|          |                      |

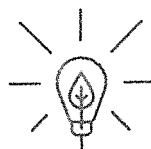
Need (essential)

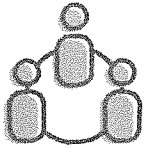
Fridge

Want (privilege)

iPad

To save energy I will give up using my school iPad for the next day because it is a waste of energy. Instead, I will study with books.





# Do You Really Need It?

Name mausie

## Worksheet

Date february 22

Things I use everyday that require energy, and time spent using them:

| What I use   | How long I use it |
|--------------|-------------------|
| apple pencil | 2-4 hrs a day     |
| ipad         | 2-4 hrs a day     |
| switch       | 1 hrs a day       |
| pc           | 2-3 hrs a day     |
| LED LIGHTS   | 24 hrs a day      |

Need (essential)

Want (privilege)

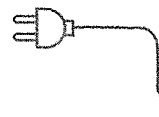
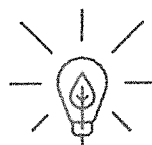
all

To save energy I will give up using LED LIGHTS for the next day because

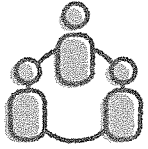
ITS not completely. Instead, I will \_\_\_\_\_.



Classroom Energy Diet Challenge



Energydiet.ca



# Do You Really Need It?

Name Kenie

Date Mon/2/2021

## Worksheet

Things I use everyday that require energy, and time spent using them:

| What I use           | How long I use it |
|----------------------|-------------------|
| Fridge               | 24 hrs / day      |
| Microwave            | 24 hrs / day      |
| T.V                  | 24 hrs / day      |
| Nintendo             | 30 min / day      |
| lights in my bedroom | 9 / day           |

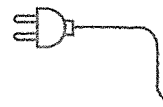
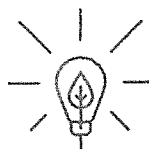
Need (essential)

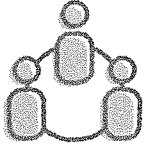
Fridge

Want (privilege)

Microwave  
T.V  
Nintendo  
lights

To save energy I will give up using lights in my bed room for the next day because I will save energy. Instead, I will use the day light.





# Do You Really Need It?

Name Ryder

Date \_\_\_\_\_

## Worksheet

Things I use everyday that require energy, and time spent using them:

| What I use                   | How long I use it |
|------------------------------|-------------------|
| Fridge                       | 24 h/Day          |
| TV                           | 1 h 30 min/Day    |
| nintendo switch              | ~2h/week          |
| Disk player & speakers (DPS) | 40 min/Day        |
| clock                        | 24 h/Day          |

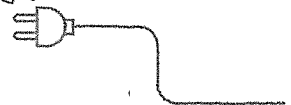
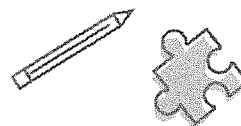
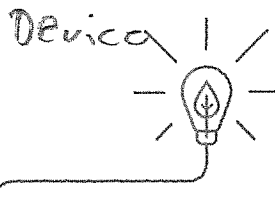
Need (essential)

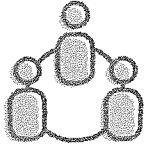
clock, fridge, lights

Want (privilege)

DPS, switch, TV, iPad

To save energy I will give up using TV / Switch for the next day because Its an energy consuming instead, I will Play with my brother outside.





# Do You Really Need It?

Name Eagan EAGAN

## Worksheet

Date \_\_\_\_\_

Things I use everyday that require energy, and time spent using them:

| What I use                   | How long I use it |
|------------------------------|-------------------|
| oven                         | 4 hours           |
| Fridge                       | 24 hours          |
| TV                           | 214 hours         |
| XBOX                         | 112 hours         |
| Non educational use of IPAD. | 30 mins           |

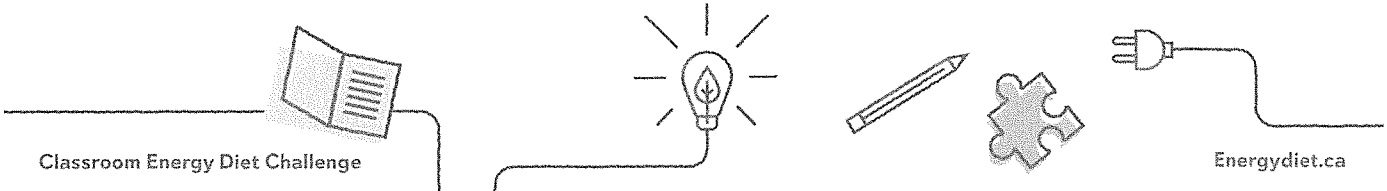
Need (essential)

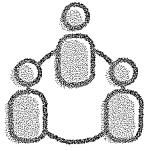
Oven, fridge

Want (privilege)

TV, XBOX Non educational use of IPAD.

To save energy I will give up using Non educational use of IPAD for the next day because I DONT NEED IT!!. Instead, I will go outside and scoot. scoot.





# Do You Really Need It?

Name Tess

Date \_\_\_\_\_

## Worksheet

Things I use everyday that require energy, and time spent using them:

| What is it? | How long I use it? |
|-------------|--------------------|
| fridge      | 24 hrs             |
| oven/stove  | 24 hrs             |
| I Pad       | 2 hrs              |
| led lights  | 10 hrs             |
| laptop      | 2 hrs              |

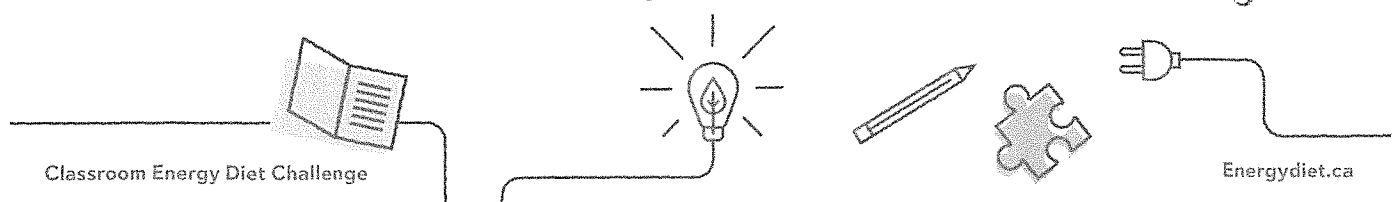
Need (essential)

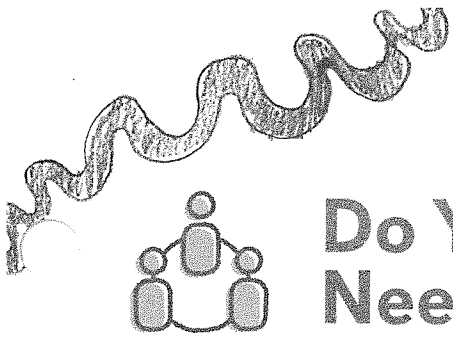
fridge oven/stove

Want (privilege)

Ipad laptop led lights

To save energy I will give up using led lights for the next day because They use alot of energy. Instead, I will use natural light.





# Do You Really Need It?

Name Diana

Date Feb 22

## Worksheet

Things I use everyday that require energy, and time spent using them:

| What I use        | How long I use it      |
|-------------------|------------------------|
| Lights in my room | The night              |
| IPad / week days  | 2 hrs / day            |
| TV                | the evening            |
| blender           | 10 mins in the morning |
| Apple watch       | every day              |

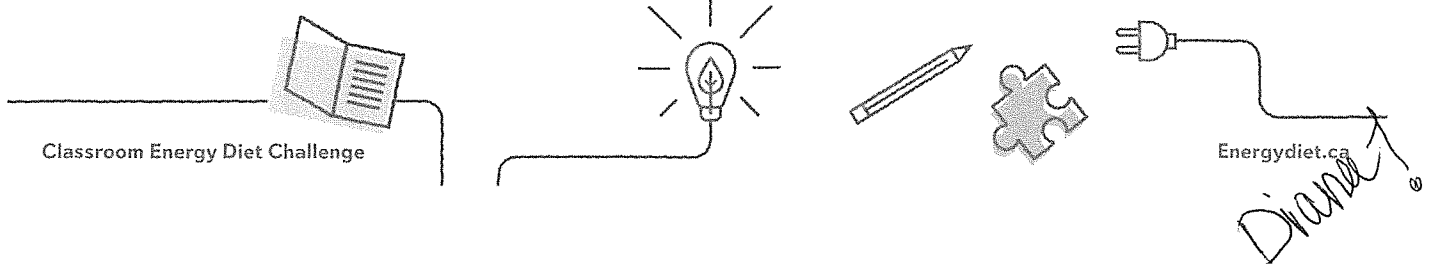
Need (essential)

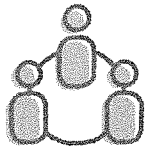
blender

Want (privilege)

apple watch

To save energy I will give up using Lights in my room! for the next day because  
 I use to watch lights. Instead, I will use natural lights!





# Do You Really Need It?

Name Ethan W

Date \_\_\_\_\_

## Worksheet

Things I use everyday that require energy, and time spent using them:

| What I use  | How long I use it |
|-------------|-------------------|
| Video games | a lot             |
| Oven/ stove | 24/7              |
| Fridge      | 24/7              |
| Microwave   | 24/7              |
|             |                   |

Need (essential)

Oven, stove, Fridge, Microwave

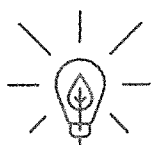
Want (privilege)

To save energy I will give up using devices for the next day because

i use devices for too long. Instead, I will go outside and do something



Classroom Energy Diet Challenge



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