



Energy Diet
Do you Really Need it?

Introduction

We are doing the Energy Diet Challenge. The challenge we're doing is "Do you really need it?" Our goal is by the end of this presentation you will have explored energy reduction strategies and understand the difference between a need and a want.



Needs vs Wants

What are Wants?

Wants are things that we desire that are not necessary, things that we don't need. Wants are things that aren't necessary. For example toys, we don't need toys to survive but we do have the desire to have them. You may have heard people at a store saying, "I need that pair of shoes!" They are only exaggerating their want for it, saying that, means you really want it.

What are Needs?

Needs are things that are completely necessary. Water would be classified as a need because you can't survive without water so it's a need. Another example would be food because we need food to survive, we can't live without it, so food is completely necessary.

What is the Difference Between Needs and Wants?

The difference between needs and wants are needs are completely necessary and wants or not necessary.

What are Some Needs and Wants?

Some needs are food, warmth, water, air and sleep. In the earlier slides we explained why food and water are important (Slide (Where we explained why food and water are needs)) the reasons why air, warmth, and sleep are needs because we need air to survive without air we would die, without sleep over along period of time it can cause major health issues, and if we're cold all the time we could die be hypothermia but if were to hot then you might die by various illnesses.

Some wants are toys, video games, computers, and sports stuff, these things are not necessary at all because you can live without them. So they are classified as a want, in other words they are only desires.



Energy Reduction Strategies

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Here are some energy reduction strategies that pretty much everyone can do:

- Turning off the lights when you aren't using them
- Limiting using electricity required devices
- Try to use public transportation or try walking/biking more, instead of cars that emit greenhouse gases
- Unplug unused electricity required devices
- Use more natural lighting
- When you're not using your computer turn it on sleep/shut-off/hibernate mode

Energy Reduction strategies

- Adjust your day-to-day behaviors
- Install a programmable thermostat
 - Use smart power strips
- Upgrade your HVAC system

Sources

- Source
- Sources

Thank you for watching!

Any questions?