

City

1. Which is the most environmental friendly form of travel?
 - A. Traveling by air
 - B. Traveling by train**
 - C. Traveling by car

Explanation: Aside from walking or biking, taking the train is the most environmentally friendly way of traveling. In fact, compared to cars and airplanes, trains emit between 66 and 75 percent less carbon. In terms of energy consumption, use of space, and noise levels, trains are far more sustainable too.

Related zone: atmosphere

Source: <https://www.eurail.com/en/get-inspired/everything-you-need-know-about-eurail/advantages-train-travel/why-eurail-your-greenest-choice#:~:text=Aside%20from%20walking%20or%20biking,are%20far%20more%20sustainable%20too.>

Difficulty: easy

2. Which of the following uses the least amount of water?
 - A. Taking a bath after 6 pm
 - B. Showering for 5 minutes in a normal shower**
 - C. Showering for 10 minutes in a power shower

Explanation: The average showerhead uses 12 liters of water per minute, with power showers using around 15 liters. Given that the average shower taken is around 10 minutes long, that's up to 150 liters of water every time you shower! Aerated showerheads reduce the flow but don't compromise on pressure.

Related zone: Sea

Source: <https://www.waterwise.org.uk/save-water/>

Difficulty: medium

3. Regarding, which type of washing machine is better?
 - A. Top-loader
 - B. Front Loader**
 - C. No difference

Wrong! Explanation: Front-loaders are generally more expensive to buy, but use less energy, water and detergent. There are also big savings to be made by choosing a colder water option on your washing machine.

Related Zone: Atmosphere

Source: <https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: medium

4. Buying organic fruit and veg at the shops is usually a good sign it's good for the environment.
- A. True
 - B. False**

Explanation: not necessarily!!! Food being organic is just one part of a broader sustainability picture, public health and nutrition expert Dr. Sandro Demaio says. "Organic is a certification that means they aren't using synthetic chemicals and a bunch of other things in the process of producing the food." How much water and energy is being used to grow, transport and store that food plays a role in how good it is for the environment, too. "Even if it's organic, sitting in a refrigerator for six months will use a lot of energy to do that."

Related Zone: Atmosphere

Source: <https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: medium

5. Which uses less water, washing a full load of dishes by hand or in the dishwasher?
- A. By hand
 - B. By dishwasher**

Explanation: Hand washing dishes can use up to 50 percent more than a water-saving, energy-efficient dishwasher. However, dishwashers made before 1994 use more water than current models. Look for units with the Energy Star rating.

Related Zone: Sea

Source: <https://www.nationalgeographic.com/environment/article/green-lifestyle-quiz>

Difficulty: medium

7. Appliances that are turned off don't use any electricity.
- A. True
 - B. False**

Explanation: many appliances continue to use energy for features like clocks and remote control sensors even when they're turned off. According to the Department of Energy, the electricity consumed by televisions that are turned off but still plugged in costs U.S households more than \$750 million a year.

Related Zone: Atmosphere

Source: <https://www.nationalgeographic.com/environment/article/green-lifestyle-quiz>

Difficulty: easy

8. Most people do some household recycling and green energy suppliers are becoming more popular, but which does more to reduce your carbon emissions?

A. Recycling

B. Renewable energy

Explanation: Switching to renewable energy does more to reduce your carbon emissions than recycling. For the average household, switching to a renewable source of energy could save 1.6 tonnes of CO₂ each year. Recycling saves 15 times less - just 0.1 tonnes of CO₂ a year.

Related Zone: atmosphere, sea

Source: <https://www.bbc.com/news/science-environment-58996348>

Difficulty: medium

9. Which of the following are negative impacts of burning fossil fuels?

A. They contribute to environmental degradation and pollution

B. They harm local communities

C. They contribute to human health problems

D. All of the above

Explanation: Fossil fuels and the fossil fuel industry have many negative impacts. Some are direct and easily visible, such as pollution and land degradation. Others may not be so obvious. For example, fossil fuels can put human health at risk. Coal miners may develop black lung disease, or communities near transportation routes may be exposed to coal dust. Local communities may be at risk in terms of health, but extraction techniques such as surface mining can also increase the amount of mudslides, landslides and flash floods.

Related Zone: atmosphere, sea

Source: <https://www.earthday.org/the-clean-energy-quiz/>

Difficulty: medium

10. How much food that's globally produced doesn't get consumed?

A. 1/3

B. 1/2

C. 1/4

D. 2/3

Explanation: At least a third of food produced globally never makes it to the table. Some of this wasted food spoils in transit, while consumers throw some of this food out. Food loss and waste account for around 8.2 percent of the total human-made greenhouse gas emissions.

Related Zone: atmosphere

Source: <https://www.earthday.org/the-climate-change-quiz/>

Difficulty: medium

11. What can you do to help fight climate change?

- A. Divest from fossil fuel companies
- B. Engage yourself in the science behind climate change
- C. Vote for political candidates who will advocate for climate-related legislation and policy improvements
- D. All of the above**

Explanation: Along with these important steps, we also suggest adding your voice to the issues surrounding climate change, investing in clean energy companies and taking personal actions to reduce your impact on the planet. Join one of our campaigns to learn more!

Related zone: all zones

Source: <https://www.earthday.org/the-climate-change-quiz/>

Difficulty: easy

12. Another way to reduce emissions and save energy at home is to insulate your walls and loft or install double glazing. On average, which would reduce your carbon emissions more?

- A. Renewable energy**
- B. Home improvements

Explanation: of the two, renewable energy makes the bigger difference. Home improvements like fitting energy-efficient windows or better insulation could on average save 0.9 tonnes of CO₂ a year. Nothing to sniff at, but switching your supplier will be more effective. However, if you had the money to change your old boiler for a heat pump, you could save another 0.8 tonnes of CO₂.

Related zone: Atmosphere

Source: <https://www.bbc.com/news/science-environment-58996348>

Difficulty: medium

13. Giving up meat, even for a few days a week, is an increasingly popular choice. Does it have a bigger impact than giving up your car?

- A. Give up car**
- B. Give up meat

Explanation: Becoming a vegetarian would save 0.5 tonnes, but going vegan would save even more - around 0.9 tonnes of CO₂ a year. That's a lot, but still less than getting rid of your car which would save on average 2 tonnes of CO₂ per year. Of course, you could do both.

Related zone: Atmosphere

Source: <https://www.bbc.com/news/science-environment-58996348>

Difficulty: medium

14. You are considering getting a pet, but aren't sure of the impact. Would holding off on getting a furry companion be better than giving up eating meat?

- A. **No meat**
- B. No pets

Explanation: Giving up meat would have a much bigger impact on your carbon footprint - up to three times as much - because a dog doesn't consume as much food or as many raw materials over its lifetime as a human. But deciding not to have a pet would still be a climate-positive decision. On average, owning a dog or cat will add an extra 0.3 tonnes of CO₂ to the atmosphere every year.

Related Zone: Atmosphere, forest

Source: <https://www.bbc.com/news/science-environment-58996348>

Difficulty: medium

15. Which is worst for the environment?

- A. Cheese
- B. Chicken
- C. **Beef**
- D. Tofu

Explanation: There's no way around it: Raising beef really is bad for the world. ... Beef is the biggest culprit, accounting for about 65 percent of all greenhouse gas emissions from livestock. Cattle produce methane, and they also require lots of carbon-intensive land conversion and carbon-intensive feed.

Related zone: Atmosphere, forest

<https://www.vox.com/future-perfect/22430749/beef-chicken-climate-diet-vegetarian#:~:text=There's%20no%20way%20around%20it,is%20bad%20for%20the%20world.&text=Beef%20is%20the%20biggest%20culprit,conversion%20and%20carbon%2Dintensive%20feed.>

Difficulty: medium

16. Which would reduce your carbon footprint more: using public transport as much as possible or not taking one long-haul return flight for your holiday?

- A. Public transport
- B. **Long-haul flight**

Long-haul flights are a huge source of climate pollution. Cutting out one long-haul return flight saves an average of 1.9 tonnes of CO₂ – and if it was a very long flight on an older

plane it could even be up to four tonnes. You would need to replace a lot of local car journeys with bus and train journeys to save an equivalent amount over a year.

Related Zone: Atmosphere

Source: <https://www.bbc.com/news/science-environment-58996348>

17. Which of these would have a bigger effect on your emissions: switching your petrol car for an electric car or staying with a petrol car but using public transport for local journeys?

- A. **Electric car**
- B. Public transport

Switching from a petrol car to a battery-powered car saves about two tonnes of CO₂ each year – but you'll need to mainly charge your car using a low-carbon electricity supplier. Even if you keep your petrol car, taking the bus as often as possible will still cut your emissions substantially. It would depend on how many journeys you usually take and for how long but on average you could avoid adding 0.6 tonnes of CO₂ a year to the atmosphere.

Related Zone: Atmosphere

Source: <https://www.bbc.com/news/science-environment-58996348>

Difficulty: medium

18. During a long trip, you conserve more fuel by driving fast and getting to your destination sooner than you do by going the speed limit.

- A. True
- B. **False**

The EPA estimates you save about 15 percent on fuel by driving 55 miles(88km) rather than 65 Miles (105 km) per hour. Properly inflated tires and well-tuned engines also improve fuel economy.

Related Zone: Atmosphere, sea

<https://www.nationalgeographic.com/environment/article/green-lifestyle-quiz>
[I think it depends on the car! :D](#)

19. Around 40 percent of home energy use is from heating and/or cooling. For every degree you increase the air con/heater, how much more do you increase energy use?

- A. Between 3% and 7%
- B. **Between 5% and 10%**
- C. Between 10% and 15%
- D. Between 20% and 25%

Explanation: For every degree you increase heating and cooling you increase energy use between 5 percent and 10 percent, according to the Federal Government.

Fans cost around 2 cents per hour to run (much less than air conditioners) and in summer reduce the temperature by 2 or 3 degrees Celsius.

You can use fans to keep warm in winter, too! They can circulate warm air and improve heating efficiency. Where this option exists, the fan or remote control should clearly indicate the winter setting to reverse airflow.

Related Zone: Atmosphere

Source: <https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: hard

20. Composting can make the most of your food scraps and save added landfill. But what should you not put in the home compost bin though?

- A. Poo from Fluffy the cat or Gary the greyhound
- B. Weeds from the garden
- C. Diseased leaves
- D. All of the above**

Explanation: Anything organic — that is, anything that has once been alive — will decompose and become compost. But just because you can, doesn't mean you should! Plant material that is obviously diseased or carrying pests, as well as perennial weeds like grass runners and bulbs are the main items to avoid. They will survive the hottest compost and come back to haunt your garden beds. Another no-no is dog and cat droppings. While manure from cows, sheep and chickens are OK in the garden, pet poo is more likely to contain parasites that composting won't kill and that can be passed to humans.

Related Zone: forest

Source: <https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: easy

21. transport is a big contributor to emissions. According to the latest census, what percentage of us take a private vehicle to work?

- A. About 80%**
- B. About 50%
- C. About 30%
- D. About 10%

For many of us it's unavoidable, but that doesn't mean it doesn't have an impact on the environment. Not only does getting around by car have consequences for the planet, it's

also quite costly — with households on average spending about 11 per cent (regional Australia) and 13 per cent (metropolitan areas) of their annual income on road transport.

Related Zone: Atmosphere

<https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: medium

22. Spending a few extra dollars on programs designed to offset carbon emissions generated by your next flight is about as good as staying home?
- A. True
 - B. False**

Contributing to these offset programs are not necessarily a bad thing, but also not the same as not flying. University of Sydney professor of sustainability research Manfred Lenzen says while making a contribution isn't pointless, they should only be considered a "bandaid". "Offsets are only the second-best option to not emitting in the first place ... It's more important to work on reducing your footprint."

Related Zone: Atmosphere

<https://www.abc.net.au/everyday/could-you-be-more-green-at-home-sustainability-quiz/12307182>

Difficulty: medium

23. About how much money do you save by replacing a single incandescent light bulb with a compact fluorescent light (CFL)?
- A. 5\$
 - B. 10\$
 - C. 1\$
 - D. 30\$**

According to the US Environmental Protection Agency, CFLs use 2/3 less energy than standard incandescent bulbs and last up to 10 times longer. Replacing a 60-watt incandescent with a 13-watt CFL will save about \$30 in energy costs over the life of the bulb

Related Zone: atmosphere

<https://www.nationalgeographic.com/environment/article/green-lifestyle-quiz>

Difficulty: hard

24. Dropping the thermostat from 70 to 68 degrees (21.1 to 20 degrees celsius) saves you about how much on your heating costs?
- A. 10%
 - B. 20%
 - C. 1%
 - D. 5%**

Each degree you drop the thermostat during winter saves about 5 percent on your heating bill. For air conditioning, set the thermostat to 78 degrees Fahrenheit(25.6 degree Celsius) or higher.

Related Zone: atmosphere

<https://www.nationalgeographic.com/environment/article/green-lifestyle-quiz>

Difficulty: Hard

25. The US Department of Energy (DOE) recommends turning off the monitor and placing the computer on sleep mode if you are not going to use it for more than _____.
- A. 2 hours
 - B. 6 hours
 - C. 45 minutes
 - D. 20 minutes**

It is estimated that \$2.8 billion in 2008 went to energy costs to power unused computers in the workplace alone. The amount of energy used for this is estimated to release over 20 million tons of CO2 emissions...the equivalent of the emissions from approximately 4 million cars! Lose the screen saver- they use just as much energy as when the computer is in use!

Related Zone: atmosphere

<https://www.proprofs.com/quiz-school/playquiz/?title=mtm1otixmwhvdb>

Difficulty: medium

26. What percentage of monetary purchasing goes to packaging materials?
- A. \$1 for every \$10 spent**
 - B. \$1 for every \$50 spent
 - C. \$1 for every \$30 spent

One out of every \$10 spent at stores is for packaging. Packaging accounts for 1/3 of our waste by weight or 1/2 or waste by volume.

Related Zone: atmosphere, sea

<https://www.proprofs.com/quiz-school/playquiz/?title=mtm1otixmwhvdb>

Difficulty: easy

27. How much energy does recycling just one aluminum can save?

- A. Enough to power a microwave for 30 minutes
- B. Enough to power the average American home for 4 days
- C. Enough to power a computer for 15 minutes
- D. Enough to power a TV for 3 hours**

Recycling one aluminum can saves enough energy to run a TV for three hours, this is the equivalent of a half a gallon of gasoline.

Related Zone: atmosphere

<https://www.proprofs.com/quiz-school/playquiz/?title=mtm1otixmwhvdb>

Difficulty: medium

28. About how long would a typical glass bottle take to decompose?

- A. 20 years
- B. 150 years
- C. 4,000 years**
- D. It will never break down

It will take the typical glass bottle 4000 years or more to decompose, even longer if it's in a landfill!

Related Zone: forest, sea

<https://www.proprofs.com/quiz-school/playquiz/?title=mtm1otixmwhvdb>

Difficulty: medium

29. A 5-minute shower is equal to approximately how many liters of water?

- A. 20- 50
- B. 30-60
- C. 60-100**
- D. 100-120

<https://www.proprofs.com/quiz-school/playquiz/?title=the-amazing-sustainability-game-show>

Related Zone: Sea

30. Can you recycle ceramic cups in your home recycling bin?

- A. Yes
- B. No**

Ceramic, drinking glasses & oven proof glass contaminate the recycled glass. As little as 5 grams per tonne can cause a weak spot in the glass which could cause explosion during manufacturing process.

Related Zone: all zones

https://www.proprofs.com/quiz-school/playquiz/?title=coke-recycling-quiz_1

Difficulty: easy

31. What is the average amount of rubbish an Australian produce in a year?

- A. 200 kg
- B. 600 kg
- C. 800 kg
- D. 1 tonne**

We produce about 1 tonne of rubbish per person per year and we have around 4.2 million people in Sydney. This amounts to astonishing 4.2 million tonnes of rubbish per year. Recycling is the most effective way to avoid all those rubbish end up at landfill. So please recycle all the recyclables and help reduce landfill.

Related Zone: all zones

https://www.proprofs.com/quiz-school/playquiz/?title=coke-recycling-quiz_1

Difficulty: medium

32. How many times can a steel can be recycled?

- A. 10 times
- B. 50 times
- C. 100 times
- D. Infinite amount of time**

Steel cans can be recycled indefinitely as long as you put them in the recycling bin!

Related Zone: all zones

https://www.proprofs.com/quiz-school/playquiz/?title=coke-recycling-quiz_1

Difficulty: medium

33. Marie's son is throwing a can in the trash. Tell her WHY she should teach her son to recycle it instead!

- A. Recycling will reduce landfill waste, which can reduce soil and water pollution**
- B. Recycling will increase carbon dioxide emissions
- C. Recycling will help decrease our need for chemical fertilizers
- D. Recycling will reduce our dependence on chemical pesticides

Related Zone: sea, forest

<https://www.proprofs.com/quiz-school/playquiz/?title=47-strategies-for-sustainability>

Difficulty: easy

34. Which of the following uses the most water?

- A. Washing the car
- B. Doing a load of laundry
- C. Having a bath/shower**

The average car wash at home uses more than 40 gallons of water for a single vehicle. According to the ENERGY STAR database, front-load washers use an average of 12.5 gallons of water per load while taking a bath requires about 70 gallons of water.

Related Zone: Sea

<https://prudentreviews.com/how-much-water-does-a-washing-machine-use/#:~:text=According%20to%20the%20ENERGY%20STAR%20database%2C%20front%20load%20washers%20use,average%2019.6%20gallons%20per%20load.>

<https://www.wikihow.com/Wash-Your-Car-Using-Less-Water>

<https://stanfordmag.org/contents/shower-or-bath-essential-answer>

Difficulty: medium

35. Which of the following uses the least water?

- A. Having a bath
- B. Having a shower**

According to the U.S. Environmental Protection Agency (EPA), a full bathtub requires about 70 gallons of water, while taking a five-minute shower uses 10 to 25 gallons. You might argue that very few people fill the tub to the top, but a simple calculation shows that either way, baths use more water.

Related Zone: Sea

<https://stanfordmag.org/contents/shower-or-bath-essential-answer>

Difficulty: easy

36. Which part of a typical washer dryer cycle uses more energy and emits more carbon emissions?

- A. Washer
- B. Dryer**

Clothes dryers use quite a bit energy because they need to spin and produce heat. The energy use of a dryer varies between 1800 watts and 5000 watts, a typical dryer will use around 3000 watts. ... This is the same as running the dryer twice for 52.5 minutes a week.

Related Zone: Atmosphere

https://energyusecalculator.com/electricity_clothesdryer.htm

Difficulty: easy

Difficulty: medium

37. Globally, which of the following economic sectors emits the largest percentage of greenhouse gas emissions?

- A. Transportation
- B. Buildings
- C. Industry
- D. Electricity and heat production**

The electricity and heat production sector emits the largest percentage of global greenhouse gas emissions at 25%. The agriculture, forestry and other land use sector is a close second at 24%.

Related Zone: all zones

<https://www.earthday.org/the-climate-change-quiz/>

Difficulty: hard

38. What percentage of total global greenhouse gas emissions are produced by the fashion industry?

- A. 10%
- B. Less than 1%
- C. 5%
- D. 15%**

The fashion industry is responsible for 8-10% of global greenhouse gas emissions. If it does not accelerate its response to climate change, by 2030 it will produce twice the volume of emissions required to align with Paris Agreement global warming targets.

Related Zone: Atmosphere

<https://www.earthday.org/sustainable-fashion-quiz/>

Difficulty: hard

39. How many liters of water does it take to make 1 pair of jeans?

- A. 52 liters
- B. 476 liters
- C. 1,028 liters
- D. 3,781 liters**

It takes 3,781 liters of water to make one pair of jeans, from the production of the cotton to the delivery of the finished garment to a store. Textile manufacturing uses 20% of the world's clean water each year.

Related Zone: sea

<https://www.earthday.org/sustainable-fashion-quiz/>

Difficulty: hard

40. Which of the following is not an example of shopping sustainably?

- A. **Buying new clothing to match seasonal trends**
- B. Shopping at thrift stores
- C. Buying few, high-quality items that will last
- D. Picking garments made from natural fibers like cotton

Buying new clothing to match seasonal trends is not an example of shopping sustainably. Shopping at thrift stores, buying few, high-quality items, and picking garments made from natural fibers are all examples of ways to shop for clothing in a sustainable way.

Related Zone: forest, atmosphere

<https://www.earthday.org/sustainable-fashion-quiz/>

Difficulty: easy

41. Food waste reduction is one of the most important things individuals can do to help reverse global warming.

- A. **True**
- B. False

Food waste is a massive environmental issue. Food that is never eaten or used still has environmental costs — from the land and resources used to make the food to the transporting of ingredients to stores. We can all do our part to reduce our food waste to help the planet.

Related Zone: all zones

<https://www.earthday.org/upcycled-foods-quiz/>

Difficulty: easy

42. What is “upcycled food”?

- A. Food that has gone slightly ‘off’ but can still be used to make another food; for example, over-ripe apples can be used in applesauce.
- B. Food that’s been changed from a basic ingredient to a value-added food; for example, a potato that’s been turned into a potato chip.
- C. **Food that’s been creatively saved from becoming food waste and put to its best and highest use; for example, the husk of a coffee bean, called a ‘coffee cherry,’ that’s used to make flour for cookies.**
- D. Food that was rescued from turning into waste after it reached its expiration date; for example, milk that’s still good but has gone a few days past the stamped “best by” date.

Upcycling food is inherently sustainable, as it makes the most out of each piece of food. Upcycling is able to do more with less!

Related Zone: all zones

<https://www.earthday.org/upcycled-foods-quiz/>

Difficulty: medium

43. If extracts from an avocado pit are used as natural dyes for clothing, the avocado pit was officially 'upcycled'.
- A. True**
 - B. False

This one is a little tricky! Upcycled foods are for human consumption, but upcycled ingredients could be included in animal feed, pet food, cosmetics, clothing and more.

Related Zone: all zones

<https://www.earthday.org/upcycled-foods-quiz/>

Difficulty: medium

44. How many marine species are harmed by plastic pollution?
- A. 52
 - B. 693**
 - C. 1,326
 - D. 5,489

A 2015 Plymouth University study compiled reports recorded from around the world and found evidence of 44,000 animals becoming entangled or swallowing plastic debris, accounting for a total of 693 marine species. At least 17% of those affected species are listed as threatened or near threatened.

Related Zone: sea

<https://www.earthday.org/plastic-pollution-quiz/>

Difficulty: medium

45. On average, how long is a plastic bag used by a person before being thrown away?

- A. **12 minutes**
- B. 1 hour
- C. 1 day
- D. 1 week

According to the 5 Gyres Institute, 12 minutes is the average “working life” of a plastic bag before it is thrown away. Globally, one million plastic bags are used per minute and only 1% of them are recycled. Most of them make their way to the ocean where they can take up to 20 years to decompose.

Related Zone: all zones

<https://www.earthday.org/plastic-pollution-quiz/>

Difficulty: medium