


“Wet” Your Appetite!

Using the list of foods provided, create a balanced and realistic daily menu that uses about half the amount of water needed for the *Typical American Diet*. (Note: Fish items are not included because it is not known how many gallons of water are needed to process fish items.)


Menu of a Typical American Diet

Breakfast




2 eggs-124 gal.
2 slices bacon-100 gal.
2 pc. toast w/butter-110 gal
1 glass orange juice-49 gal.

Lunch




1 burger on a bun-626 gal.
1 order French fries-15 gal.
1 serving carrots-6 gal.
1 cookie-55 gal.
1 glass milk-48 gal.

Dinner






1 beef steak-1200 gal.
1 serving rice-25 gal.
1 tossed salad-15 gal.
1 soda-10 gal.
1 slice apple pie-90 gal.

Daily total: 2472 gallons


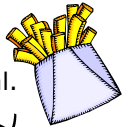

- ### Breakfast Foods
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- Bacon (1 slice)-50 gal.
 - Bagel-20 gal.
 - Butter (1 pat)-45 gal.
 - Cereal (w/out milk)-20 gal.


- Cereal with milk - 68 gal.
- Cream cheese -56 gal.
- Egg (one)-62 gal.
- French toast (1 slice)-45 gal.
- Fruit salad-25 gal.
- Ham (1 slice)-100 gal.
- Hash brown potatoes -10 gal.
- Muffin- 45 gal.
- Pancakes (1 large)-45 gal.
- Sausage (1 link)-100 gal.
- Toast-(1 slice)-10 gal.
- Waffles (1 slice)-45 gal.


- ### Lunch Foods
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- Bologna sandwich-300 gal.
 - Cheese sandwich-66 gal.
 - Chicken sandwich-175 gal.
 - Egg salad sandwich-100 gal.
 - Ham sandwich-240 gal.
 - Hamburger-625 gal.
 - P-nut butter sandwich-100 gal.
 - Pizza (pepperoni) -285 gal.
 - Pizza (cheese)-155 gal.
 - Quesadilla -140 gal.


- ### Dinner Foods
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- Baked beans (no pork)-65 gal.
 - Baked beans w/pork-265 gal.
 - Bean burrito-125 gal.
 - Beef burrito-425 gal.
 - Beef hotdog-325 gal.
 - Beef steak-1200 gal.
 - Chicken -330 gal.
 - Chicken burger-185 gal.
 - Hamburger-625 gal.
 - Lasagna w/cheese-135 gal.
 - Lasagna w/beef-435 gal.
 - Macaroni and cheese-110 gal.
 - Pasta w/tomato sauce-55 gal.
 - Pasta w/meatballs-670 gal.
 - Rice-25 gal.
 - Tamale w/beef-340 gal.

- Tamale w/chicken-195 gal.
- Tofu burger-80 gal.
- Tofu hotdog-80 gal.
- Turkey-330 gal.
- Veggie stir-fry-45 gal.
- Veg. stir-fry w/meat-345 gal.

- ### Fruits and Vegetables
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- Apple-10 gal.
 - Broccoli-11 gal.
 - Cantaloupe-40 gal.
 - Carrots-6 gal.
 - Corn-20 gal.
 - French fries-15 gal.
 - Fruit salad-25 gal.
 - Mashed potatoes-15 gal.
 - Orange-14 gal.
 - Potato-6 gallons
 - Tomato-8 gal.
 - Tossed salad w/dressing 15 gal.
 - Watermelon-100 gal.

- ### Desserts
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- Apple pie-90 gal.
 - Cake-90 gal.
 - Cookie-55 gal.
 - Ice Cream-150 gal

- ### Snacks
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- Almonds-80 gal.
 - Corn chips- 40 gal
 - Crackers-20 gal.
 - Popcorn-20 gal.
 - Potato chips--.10 gal.

- ### Beverages
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- Apple juice-45 gal.
 - Milk-48 gal .
 - Milkshake-95 gal.
 - Orange juice-49 gal.
 - Soda-10 gal.
 - Water-8 ounces

Breakfast-----Gallons Lunch-----Gallons Dinner-----Gallons

Total Gal. Used:

Total Gal. Used:

Total Gal. Used:
Daily Total Gallons Used: