

## Life-Cycle Assessment GROUP Worksheets **Answer Key**

### ~Environmental Impact of Cupcakes~

#### Stage 1: Wet Ingredients

##### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

##### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Egg	2	egg	4000	kJ	600	g CO <sub>2e</sub>
Milk	120	ml	600	kJ	144	g CO <sub>2e</sub>
Butter	120	ml	3960	kJ	480	g CO <sub>2e</sub>
Vanilla	2.5	ml	10	kJ	10	g CO <sub>2e</sub>
<b>TOTAL</b>			<b>8,570</b>	<b>kJ</b>	<b>1,234</b>	<b>g CO<sub>2e</sub></b>

Use the space below to calculate the energy used and GHG emissions for each ingredient.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Egg: } 2 \text{ eggs} \times \frac{2000 \text{ kJ}}{1 \text{ egg}} = 4000 \text{ kJ}$$

$$2 \text{ eggs} \times \frac{300 \text{ g CO}_{2e}}{1 \text{ egg}} = 600 \text{ g CO}_{2e}$$

$$\text{Milk: } 120 \text{ ml} \times \frac{50 \text{ kJ}}{10 \text{ ml}} = 600 \text{ kJ}$$

$$120 \text{ ml} \times \frac{12 \text{ g CO}_{2e}}{10 \text{ ml}} = 144 \text{ g CO}_{2e}$$

$$\text{Butter: } 120 \text{ ml} \times \frac{330 \text{ kJ}}{10 \text{ ml}} = 3960 \text{ kJ}$$

$$120 \text{ ml} \times \frac{40 \text{ g CO}_{2e}}{10 \text{ ml}} = 480 \text{ g CO}_{2e}$$

$$\text{Vanilla: } 2.5 \text{ ml} \times \frac{4 \text{ kJ}}{1 \text{ ml}} = 10 \text{ kJ}$$

$$2.5 \text{ ml} \times \frac{4 \text{ g CO}_{2e}}{10 \text{ ml}} = 10 \text{ g CO}_{2e}$$

**Total energy:** 4000 kJ + 600 kJ + 3960 kJ + 10 kJ = 8,570 kJ

**Total emissions:** 600 g CO<sub>2e</sub> + 144 g CO<sub>2e</sub> + 480 g CO<sub>2e</sub> + 10 g CO<sub>2e</sub> = 1,234 g CO<sub>2e</sub>

## Stage 2: Dry Ingredients

### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Flour	210	g	231	kJ	231	g CO <sub>2e</sub>
Sugar	230	g	2300	kJ	207	g CO <sub>2e</sub>
Baking powder	6	g	45	kJ	4.5	g CO <sub>2e</sub>
<b>Total</b>			<b>2,576</b>	<b>kJ</b>	<b>442.5</b>	<b>g CO<sub>2e</sub></b>

Use this space to calculate the energy used and GHG emissions for each item.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Flour: } 210 \text{ g} \times \frac{11 \text{ kJ}}{10 \text{ g}} = 231 \text{ kJ}$$

$$210 \text{ g} \times \frac{11 \text{ g CO}_{2e}}{10 \text{ g}} = 231 \text{ g CO}_{2e}$$

$$\text{Sugar: } 230 \text{ g} \times \frac{100 \text{ kJ}}{10 \text{ g}} = 2300 \text{ kJ}$$

$$230 \text{ g} \times \frac{9 \text{ g CO}_{2e}}{10 \text{ g}} = 207 \text{ g CO}_{2e}$$

$$\text{Baking powder: } 6 \text{ g} \times \frac{7.5 \text{ kJ}}{1 \text{ g}} = 45 \text{ kJ}$$

$$6 \text{ g} \times \frac{0.75 \text{ g CO}_{2e}}{1 \text{ g}} = 4.5 \text{ g CO}_{2e}$$

**Total energy:** 231 kJ + 2300 kJ + 45 kJ = 2576 kJ

**Total emissions:** 231 g CO<sub>2e</sub> + 207 g CO<sub>2e</sub> + 4.5 g CO<sub>2e</sub> = 442.5 g CO<sub>2e</sub>

### Stage 3: Baking Materials

#### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

#### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Paper liner	12	liner	240	kJ	12	g CO <sub>2e</sub>
Metal cupcake tray	1	tray	2600	kJ	2200	g CO <sub>2e</sub>
Metal mixing bowl	1	bowl	1100	kJ	1000	g CO <sub>2e</sub>
<b>Total</b>			<b>3,940</b>	<b>kJ</b>	<b>3,212</b>	<b>g CO<sub>2e</sub></b>

Use this space to calculate the energy used and GHG emissions for each item.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Paper liner: } 12 \text{ liners} \times \frac{20 \text{ kJ}}{1 \text{ liner}} = 240 \text{ kJ}$$

$$12 \text{ liners} \times \frac{1 \text{ g CO}_{2e}}{1 \text{ liner}} = 12 \text{ g CO}_{2e}$$

**Total energy:** 240 kJ + 2600 kJ + 1100 kJ = 3940 kJ

**Total emissions:** 12 g CO<sub>2e</sub> + 2200 g CO<sub>2e</sub> + 1000 g CO<sub>2e</sub> = 3212 g CO<sub>2e</sub>

## Stage 4: Oven Baking

### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Electricity (177°C)	20	minute	2400	kJ	360	g CO <sub>2e</sub>

Use this space to calculate the energy used and GHG emissions for each item.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Electricity: } 20 \text{ minutes} \times \frac{7200 \text{ kJ}}{60 \text{ minutes}} = 2400 \text{ kJ} \quad 20 \text{ minutes} \times \frac{1080 \text{ g CO}_2\text{e}}{60 \text{ minutes}} = 360 \text{ g CO}_2\text{e}$$

## Stage 5: Frosting

### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Sugar	800	g	8000	kJ	720	g CO <sub>2e</sub>
Milk	5	ml	25	kJ	6	g CO <sub>2e</sub>
Butter	240	ml	7920	kJ	960	g CO <sub>2e</sub>
Vanilla	5	ml	20	kJ	20	g CO <sub>2e</sub>
<b>Total</b>			<b>15,965</b>	<b>kJ</b>	<b>1,706</b>	<b>g CO<sub>2e</sub></b>

Use this space to calculate the energy used and GHG emissions for each item.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Sugar: } 800 \text{ g} \times \frac{100 \text{ kJ}}{10 \text{ g}} = 8000 \text{ kJ}$$

$$800 \text{ g} \times \frac{9 \text{ g CO}_{2e}}{10 \text{ g}} = 720 \text{ g CO}_{2e}$$

$$\text{Milk: } 5 \text{ ml} \times \frac{50 \text{ kJ}}{10 \text{ ml}} = 25 \text{ kJ}$$

$$5 \text{ ml} \times \frac{12 \text{ g CO}_{2e}}{10 \text{ ml}} = 6 \text{ g CO}_{2e}$$

$$\text{Butter: } 240 \text{ ml} \times \frac{330 \text{ kJ}}{10 \text{ ml}} = 7920 \text{ kJ}$$

$$240 \text{ ml} \times \frac{40 \text{ g CO}_{2e}}{10 \text{ ml}} = 960 \text{ g CO}_{2e}$$

$$\text{Vanilla: } 5 \text{ ml} \times \frac{4 \text{ kJ}}{1 \text{ ml}} = 20 \text{ kJ}$$

$$5 \text{ ml} \times \frac{4 \text{ g CO}_{2e}}{10 \text{ ml}} = 20 \text{ g CO}_{2e}$$

$$\text{Total energy: } 8000 \text{ kJ} + 25 \text{ kJ} + 7920 \text{ kJ} + 20 \text{ kJ} = 15,965 \text{ kJ}$$

$$\text{Total emissions: } 720 \text{ g CO}_{2e} + 6 \text{ g CO}_{2e} + 960 \text{ g CO}_{2e} + 20 \text{ g CO}_{2e} = 1706 \text{ g CO}_{2e}$$

## Stage 6: Disposal

### Inventory Analysis

Each component used to make a cupcake has its own life cycle of production, use and waste. You will collect the values for the energy used and greenhouse gases (GHG) emitted during the *production phase* of each ingredient. From the ingredient cards, gather the data of each item needed to make cupcakes for your assigned stage. The information you gather should be enough to make **12** cupcakes.

### Data Collection and Calculations

You need:			Calculate This:			
Item	Amount	Unit	Energy Used	Unit	GHG emissions	Unit
Landfill paper liner	12	liner	600	kJ	18	g CO <sub>2e</sub>
Compost paper liner	12	liner	600	kJ	-48	g CO <sub>2e</sub>

Use this space to calculate the energy used and GHG emissions for each item.

*Example:* 1 egg needs 2000 kJ energy and you need 2 eggs: Energy used = 2 x 2000 kJ = 4000 kJ

$$\text{Landfill: } 12 \text{ liners} \times \frac{50 \text{ kJ}}{1 \text{ liner}} = 600 \text{ kJ}$$

$$12 \text{ liners} \times \frac{1.5 \text{ g CO}_{2e}}{1 \text{ liner}} = 18 \text{ g CO}_{2e}$$

$$\text{Compost: } 12 \text{ liners} \times \frac{50 \text{ kJ}}{1 \text{ liner}} = 600 \text{ kJ}$$

$$12 \text{ liners} \times \frac{-4 \text{ g CO}_{2e}}{1 \text{ liner}} = -48 \text{ g CO}_{2e}$$