

Reflect on water use : Water use challenge Activity 7

Water use for one day

Record your water use over one day. You don't need to record drinking water.

Bathroom and personal hygiene			
Water use	Amount (L)	Tally	Total water used
Washing hands or face	6 L per minute of tap on		
Brushing teeth	6 L per minute of tap on		
Shower (low-flow shower head)	6 L per minute		
Shower (standard)	12 L per minute		
Bath (full)	140 L		
Bath (half full)	80 L		
Toilet (half flush)	3 L per flush		
Toilet (full flush)	6 L per flush		
Total bathroom/ personal hygiene use			

Laundry			
Water use	Amount (L)	Tally	Total water used
Washing machine (top loader)	150 L per wash		
Washing machine (front loader)	80 L per wash		
Running tap	6 L per minute		
Total laundry use			

This activity is part of a suite of resources that support Smart Water – A context for learning, which provides students and teachers with opportunities to connect with water and learn more about drinking water in the Waikato region.

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Kitchen			
Water use	Amount (L)	Tally	Total water used
Dishwasher (new)	40 L		
Dishwasher (old)	40 L		
Dishes by hand (in sink)			
Washing vegetables etc., running tap	6 L per minute		
Total kitchen use			

Outdoor use			
Water use	Amount (L)	Tally	Total water used
Watering garden or using hose	30 L per minute		
Sprinkler	17 L per minute		
Watering can	5–10 L per watering can		
Leaks	Estimate the amount of water leaking per day		
Other			
Total kitchen use			

Category	Amount total (L)
Drinking	
Bathroom and personal hygiene	
Kitchen	
Laundry	
Outdoor	
Total water use in one day	

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