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Caption used in post :

## Title : Water in Biryani... ❓❓❓

### Main Text :

Water is undoubtedly one of the most essential elements of our environment. It is often called the source of life. But do we really realize how much water we consume—directly and indirectly—every day? The numbers are enormous!

To understand this better, I compared it with my favorite food: **Biryani**.

Biryani contains rice, meat, curd, onion, garlic, ginger, lemon, salt, masala, and vegetables—all of which require a huge amount of water to grow or produce.

If I prepare **2 kg of biryani**, the **Water Footprint** looks like this:

1 Kg Rice: 3000 Liters of water cost in total harvesting. 1 Kg of Meat: 12000 Liters of water in farming and making. 0.2 Liter of Curd: 200L of water in making milk and preparing. 0.05 Kg of Spices: 250L of Water in harvesting. 0.5 Kg of vegetables: 100L of water harvesting. Also we need 3-4 liter of water in making and preparing the for “Biryani”. Total 15504 Liter of Water we need to make a Biryani from Zero.....!!!

Total ~ **15,504 liters of water for just 2 kg of biryani!**

This number shocked me. Can you imagine? Just to prepare a single dish, such an astonishing amount of water is used!

### **What Can We Do?**

We may reduce the water footprint in small but effective ways:

1. Avoid wasting water during harvesting, cleaning, or cooking.
2. Be mindful of daily water use (shower, brushing, toilets, pet care, etc.).
3. Use only the required amount of water while preparing food.

Water is life and saving it is our responsibility.....

Pic used :



Post proof :

