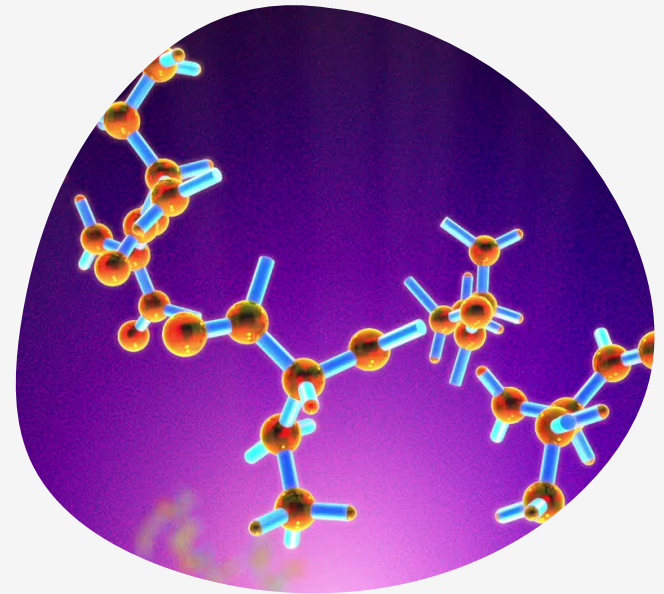
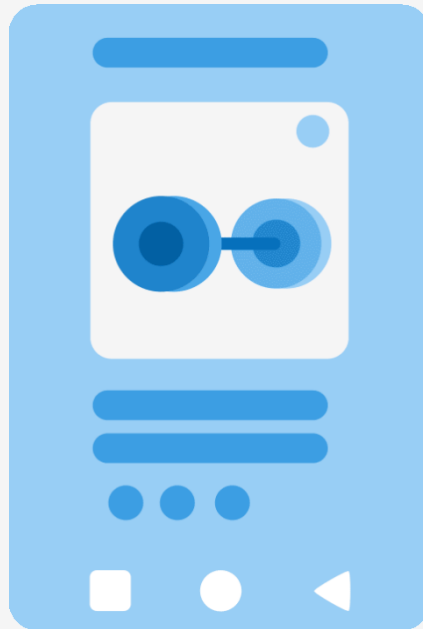




BUNJIL  
— PLACE —

Postdining

# Future Proteins



# What is protein? Where is it found?



**Protein** is an essential nutrient. It is commonly found in animal foods, but is also found in plants such as nuts and legumes.

# Why do we need protein?



# Why do we need protein?

1. For growth!
2. Build and keep strong muscles
3. To help our body produce enzymes and hormones
4. For structure:  
bones, skin, hair, nails



**GAME**



**Guess the  
future  
protein!**



# Crickets!

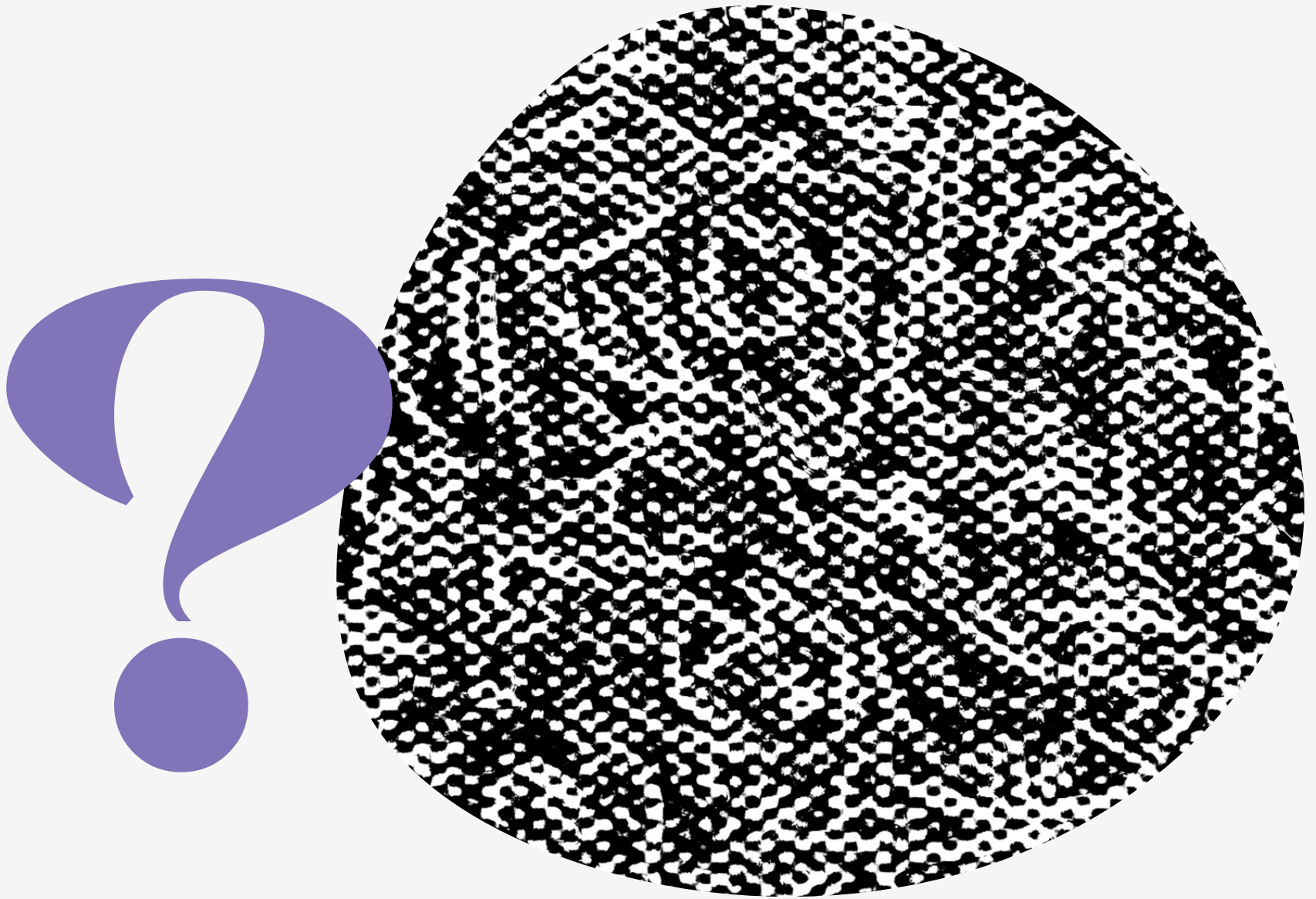




# Cricket

Eat whole (dry roasted) or as a powder (flour alternative baked into breads and cakes)!

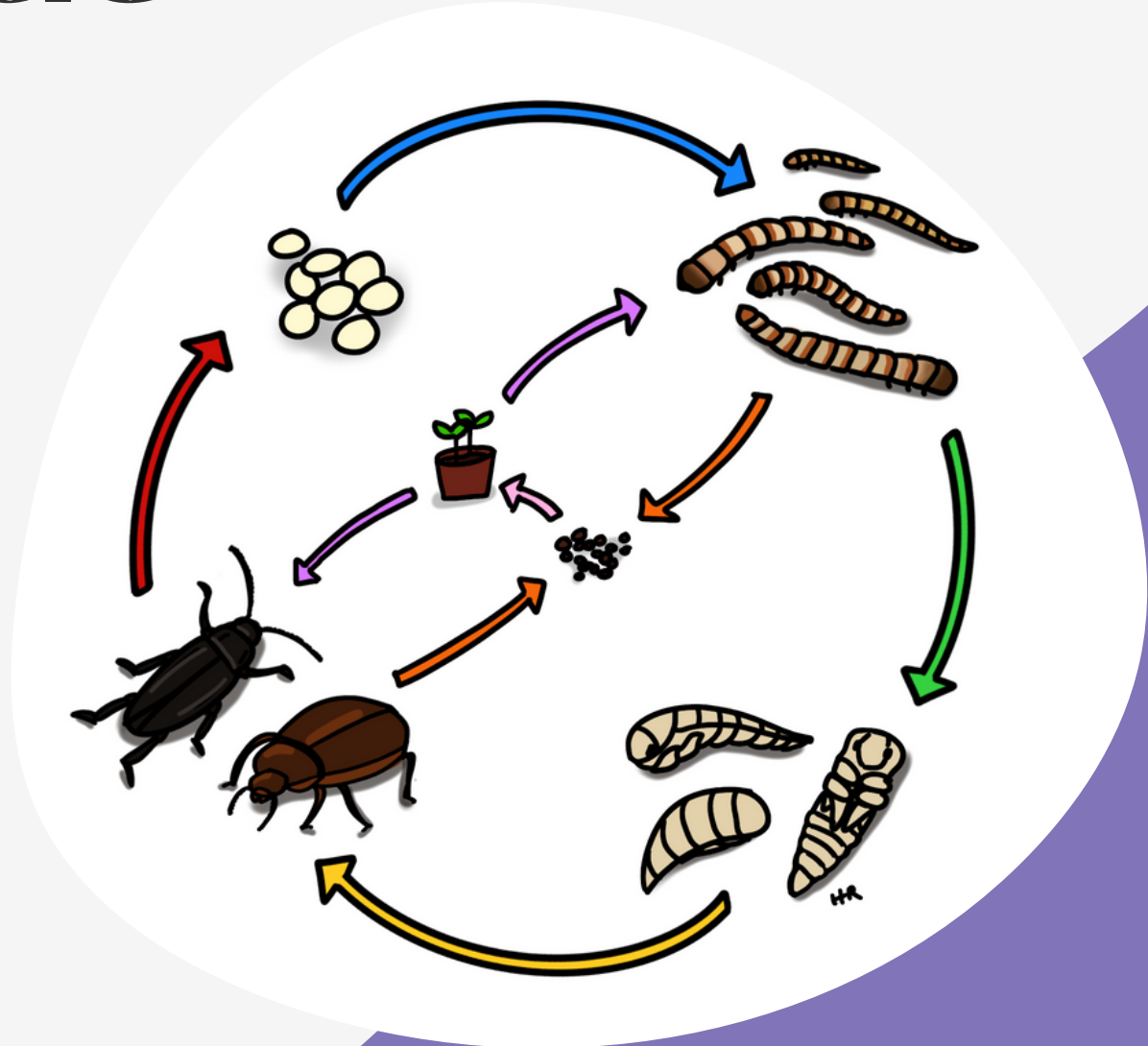




# Mealworms!



# Lifecycle



# Why eat edible insects?



# Sustainable

Insects require much less land, water and feed than other animals to produce the same amount of food!





# Activity

Build your own mealworm farm!

Would you like  
to be a part of  
the life cycle of  
the darkling  
beetle?

