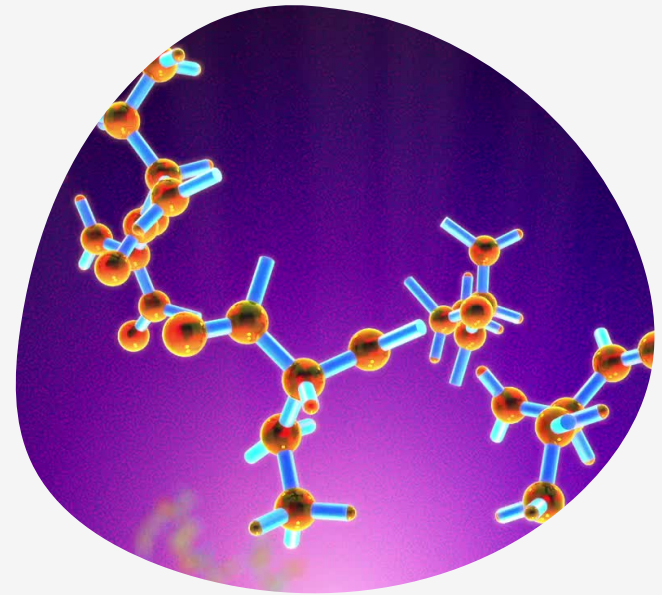
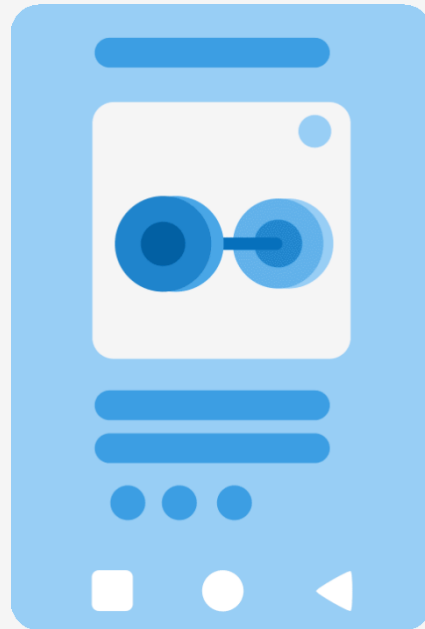




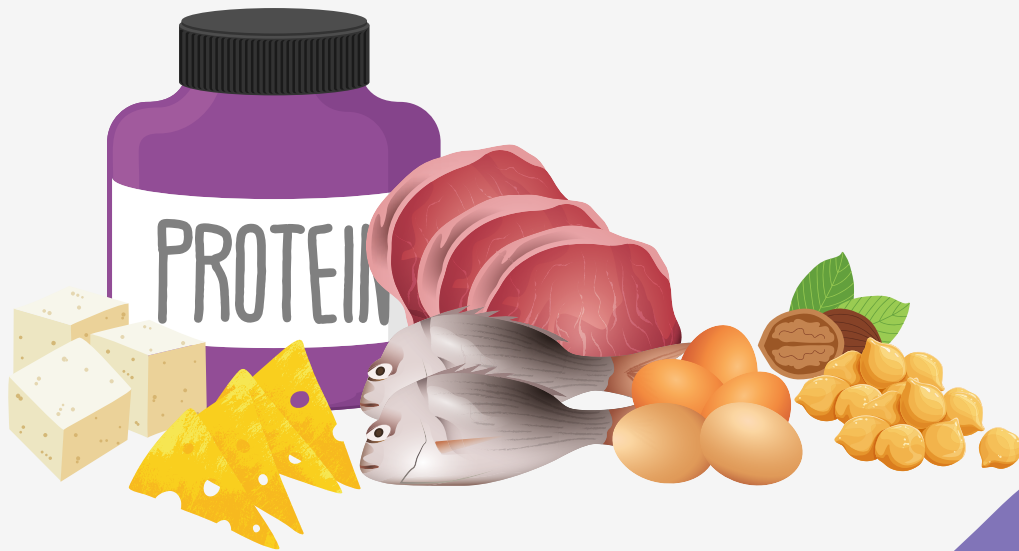
BUNJIL
— PLACE —

Postdining

Future Proteins



What is protein and 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.

Name **10** foods
in the protein
food group?



Chickpeas



Beef



Kangaroo



Chicken

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





**Guess
the
future
protein!**



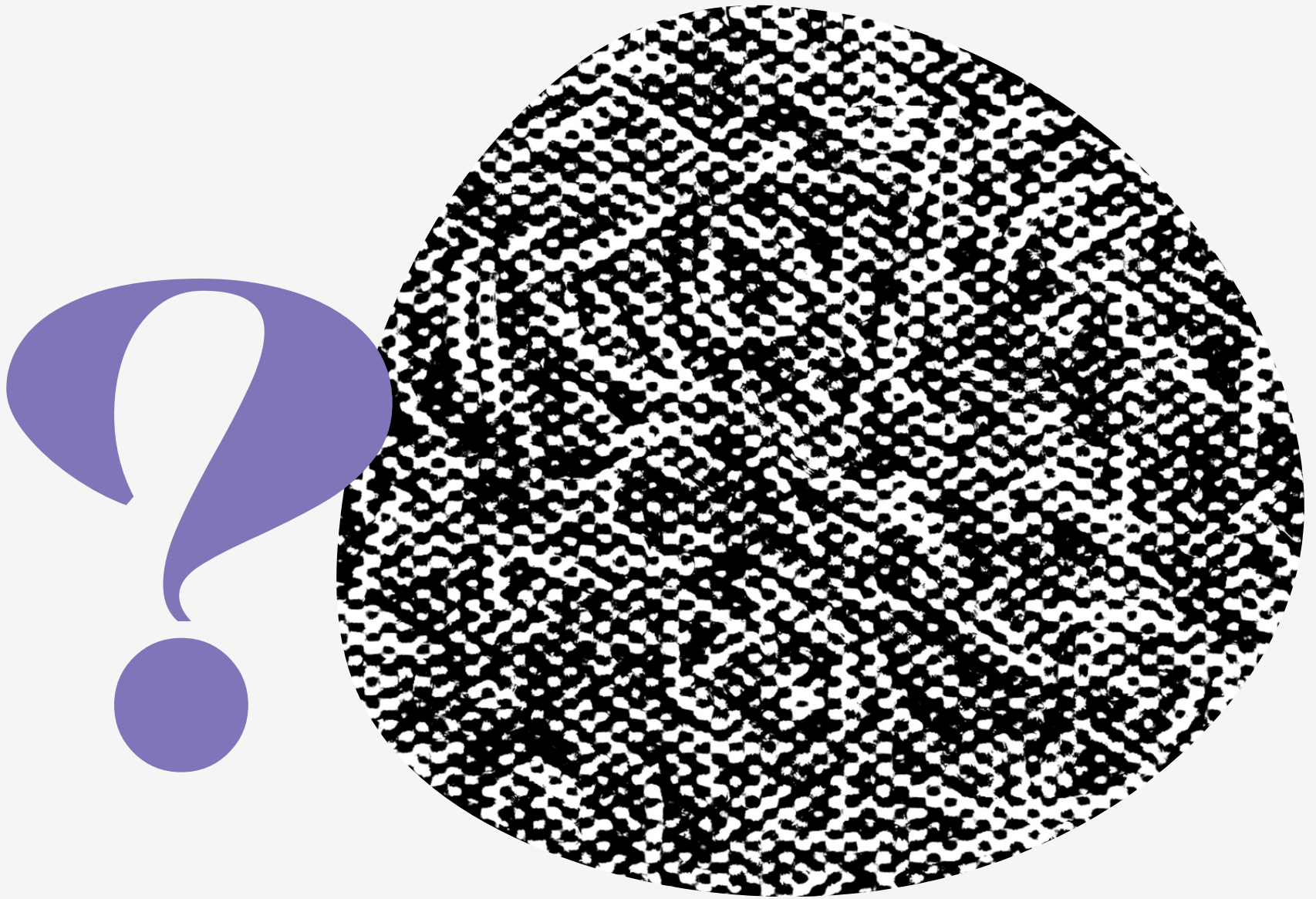
Crickets!



Cricket

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





Mealworms!



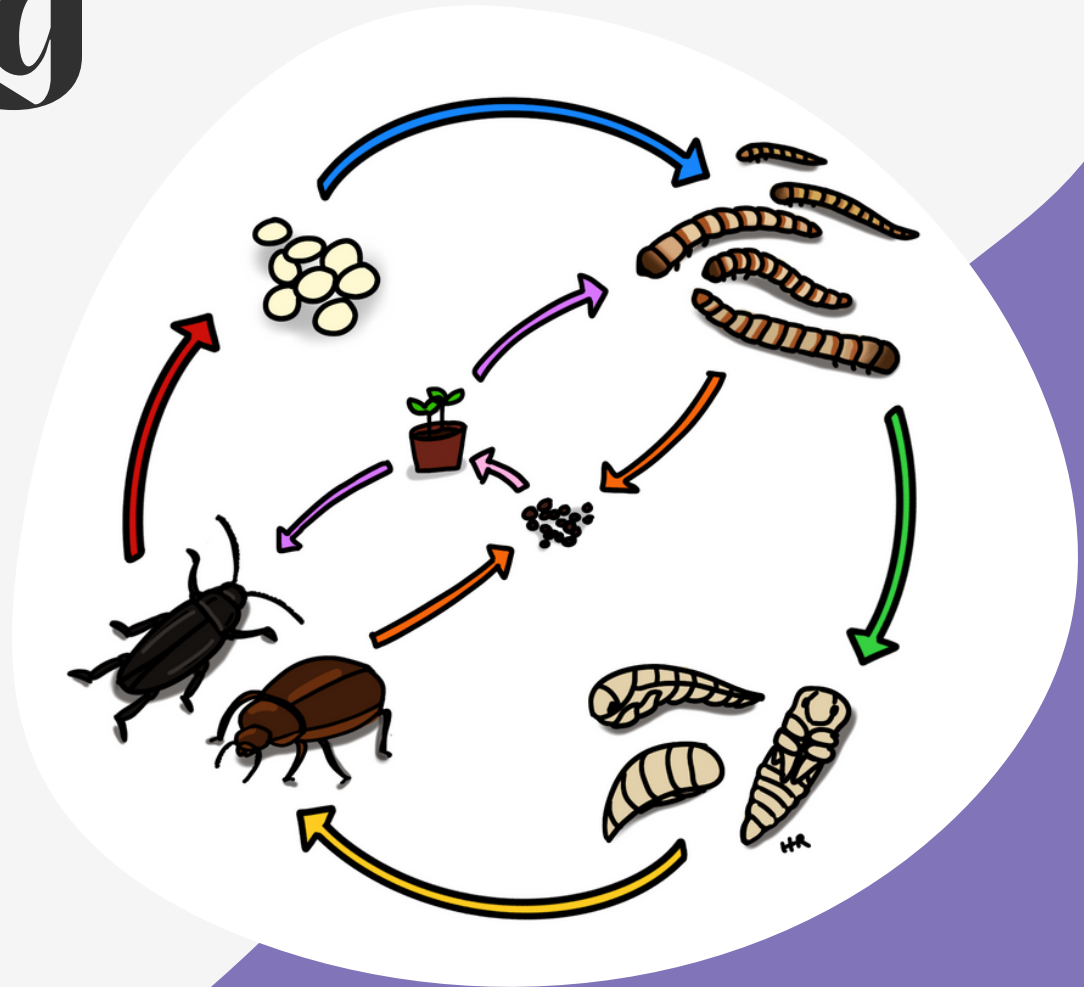
Mealworms

Add crunch to fried rice or grind into a delicious dukkah!



**50-70%
protein!**

Closed-Loop Farming



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?

