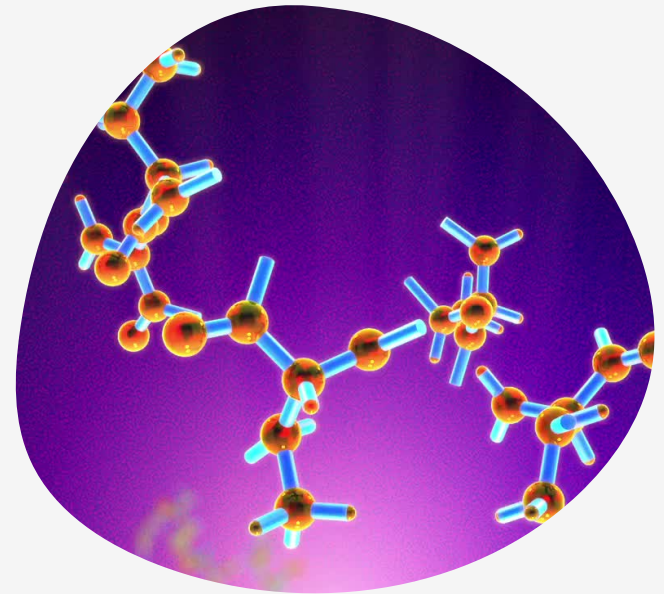
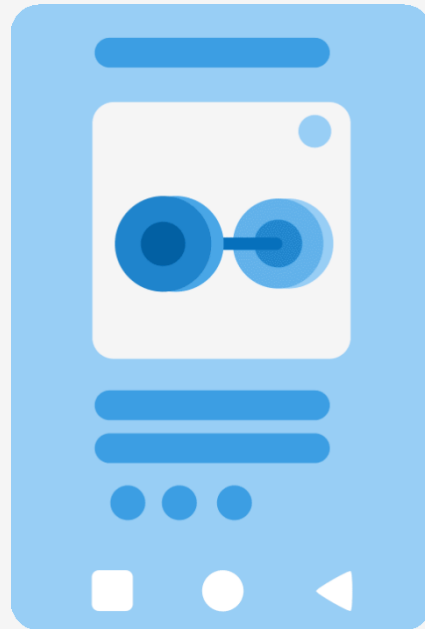




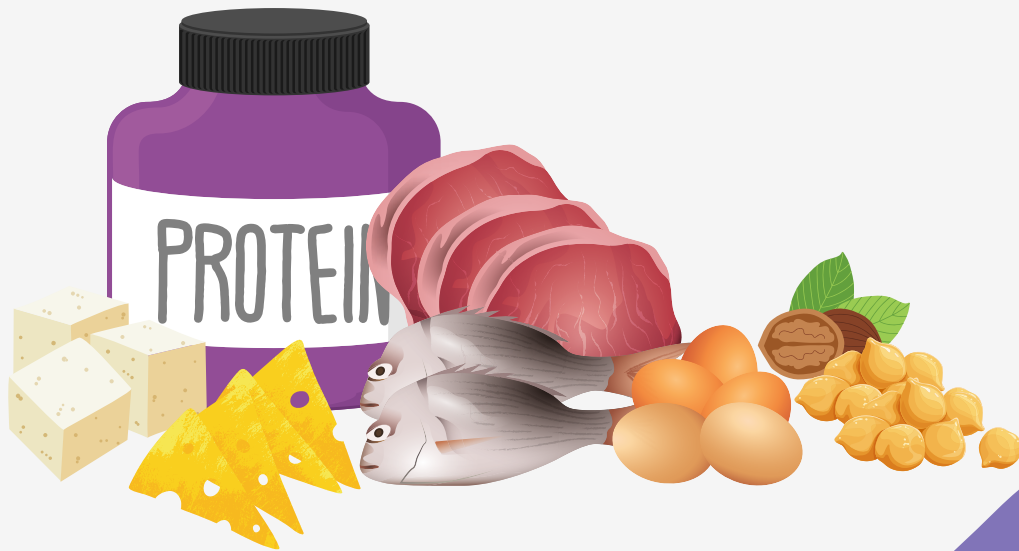
BUNJIL
— PLACE —

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.

**Can you name:
5 animal
and 5 plant
proteins?**



**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



How much protein?

How much is a serve of lean meat and poultry, fish, eggs, nuts and seeds, and legumes/beans*?

A standard serve is (500–600kJ):

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes/beans such as lentils, chick peas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste



*Choose those with no added salt





**Guess
the
future
protein!**



Crickets!



Cricket

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





Mealworms!



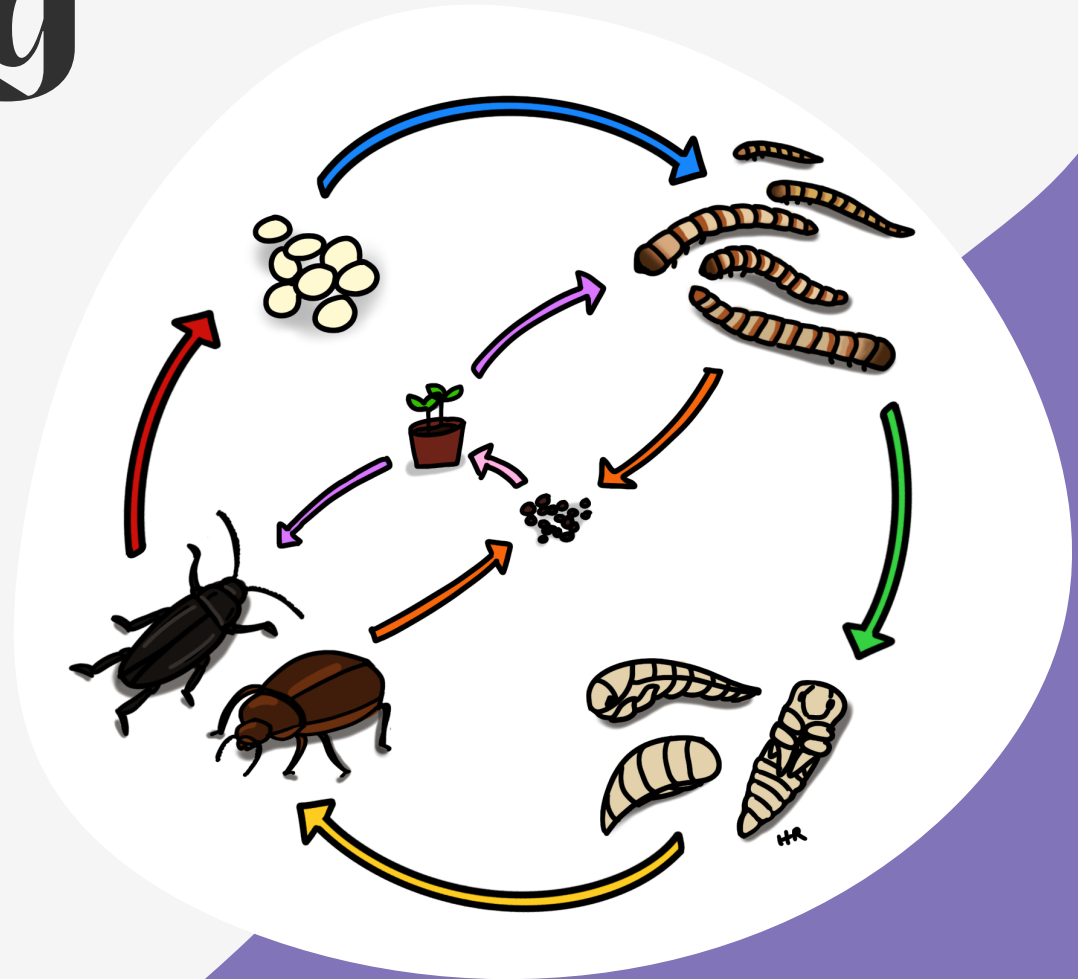
Mealworms

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



**50-70%
protein!**

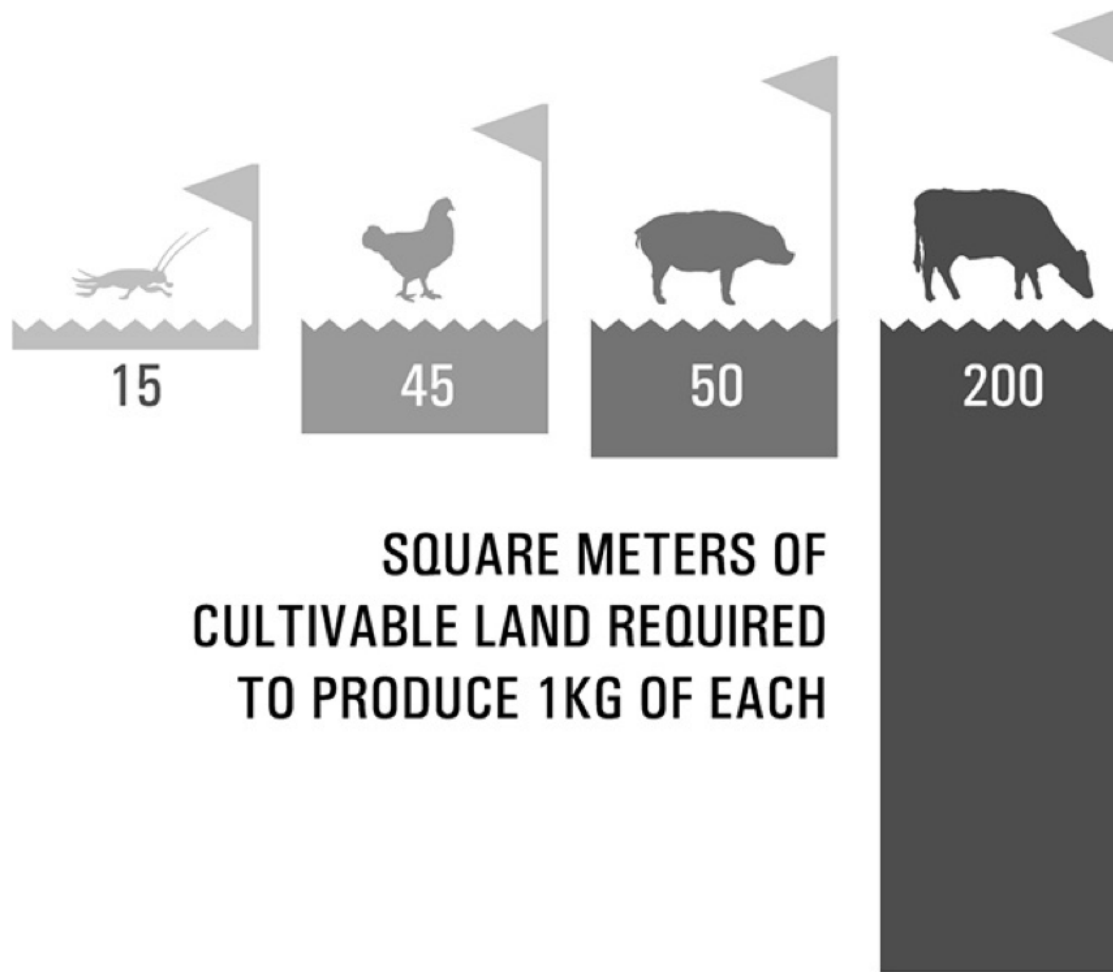
Closed-Loop Farming



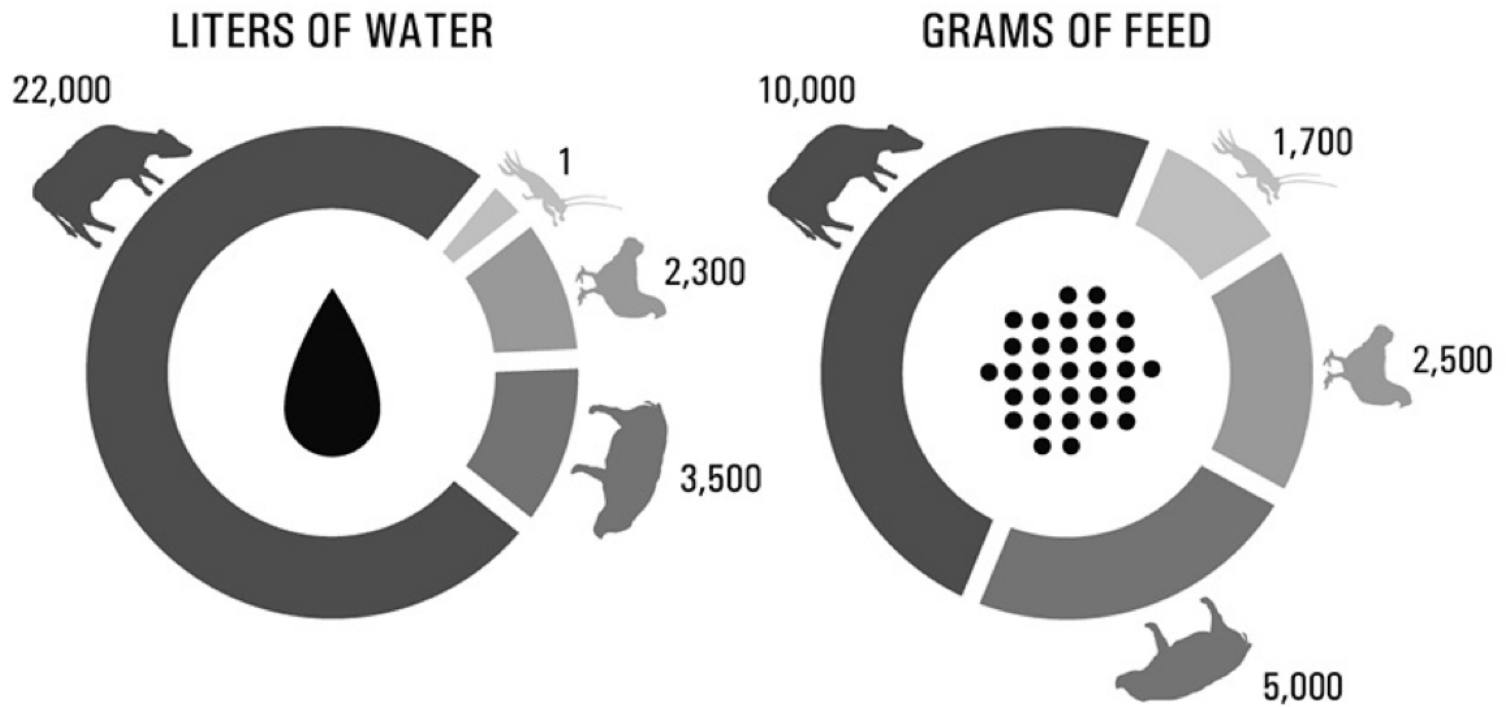
Why eat edible insects?



Low environmental cost



Low environmental cost



RESOURCES NEEDED TO PRODUCE 1 KILOGRAM OF EACH PROTEIN SOURCE

