



Being adventurous ... with pulses



Food systems are responsible for 40% of global greenhouse gas emissions.

Recent research suggests 'alternative' proteins could reduce carbon emissions, water usage, and land requirements by more than 80% compared to typical European diets.

Insects including grasshoppers, ants, wasps, beetles, crickets and cockroaches are regularly eaten by 2 billion people around the world!

IT'S TIME TO RAID YOUR STORE CUPBOARD ...
... hunt down the pulses!

Pulses - what are they? Which pulses can you find - lentils, chickpeas, dried beans, dried peas?

Be adventurous ... can you make a meal out of pulses - or check out a new pulse recipe? Please check with your parent/carer first.

Getting our daily protein requirements from eating more pulses and wholegrain can help reduce our impact on climate change.

How adventurous are you ... would you try these if you were offered them - mealworm cookies, red ant chutney, roasted crickets?

When you've completed this challenge ... Remember to hit the red button!

YOUNG CLIMATE WARRIORS