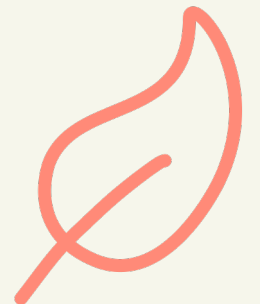
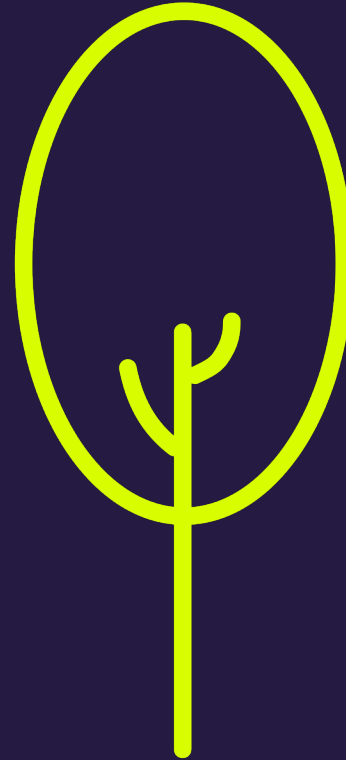
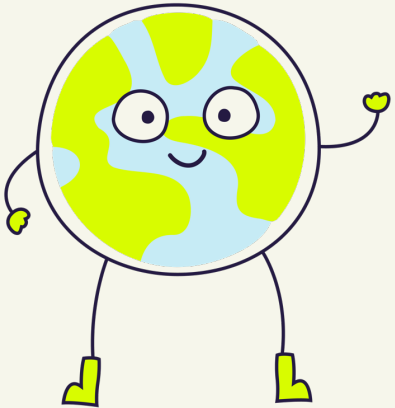


Young Climate Warriors

How did the Summertime Choices Challenge go?

Which choices did you commit to make this summer?



'What keeps me optimistic is that so many of us want this change to happen, and I think together we can win this'
Elizabeth Wathuti, Kenyan Climate Activist, Green Climate Fund Youth Champion.



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?

This week's challenge:
12th July



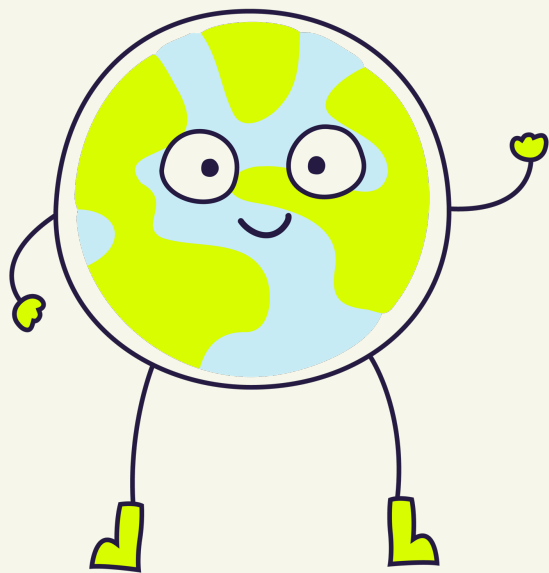


When you've completed this challenge ... Remember to hit the red button!



- Food systems are responsible for 40% of global greenhouse gas emissions.
- 'Alternative' proteins could potentially reduce carbon emissions, water usage, and land requirements by more than 80%.
- Insects like grasshoppers, ants, wasps, beetles, crickets and cockroaches are regularly eaten by 2 billion people around the world!





UNLEASH
THE POWER OF
PULSES!

Raid your cupboards,
hunt down the pulses
and make an
adventurous meal!



Things to think about

Pulses have high levels of protein.

How important is protein in our diets?

What animal protein do you eat?

How can eating more plant-based proteins have an impact on climate change?

What are pulses?

Can you name any?

Have you tried them before?

Insects are another nutrition-dense source of protein.

How adventurous are you when it comes to food?

Would you eat insects if they were available in the supermarket?

Have you tried eating insects before?

Learn More About: [Pulses](#) [Pupils tasting 'bug biscuits'](#)

