



CARING FOR THE ENVIRONMENT — ALTERNATIVE PROTEINS



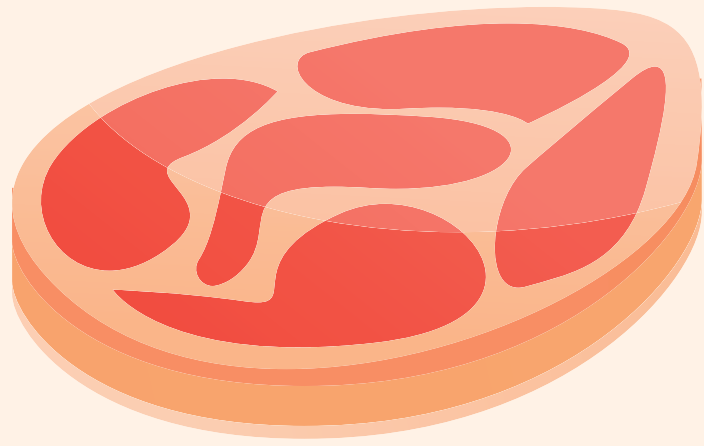
WHAT ARE PROTEINS?

**PROTEINS ARE IMPORTANT NUTRIENTS
FOR OUR BODY.**

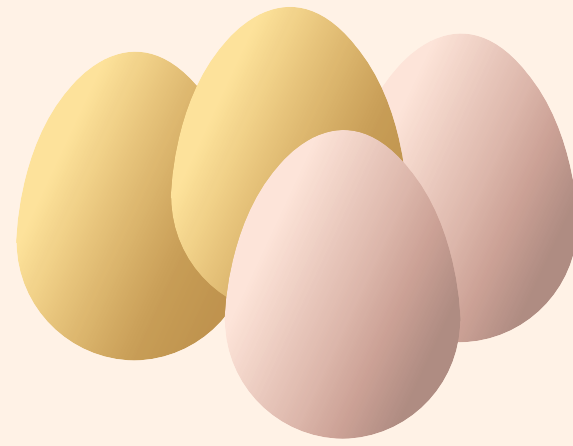
**THEY BUILD OUR BODY TISSUES AND
MUSCLES**



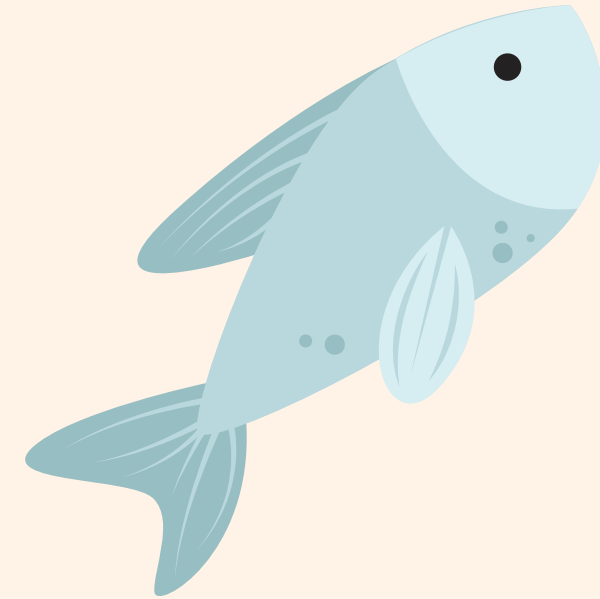
PROTEIN IS COMMONLY FOUND IN ANIMAL SOURCES OF FOOD



M

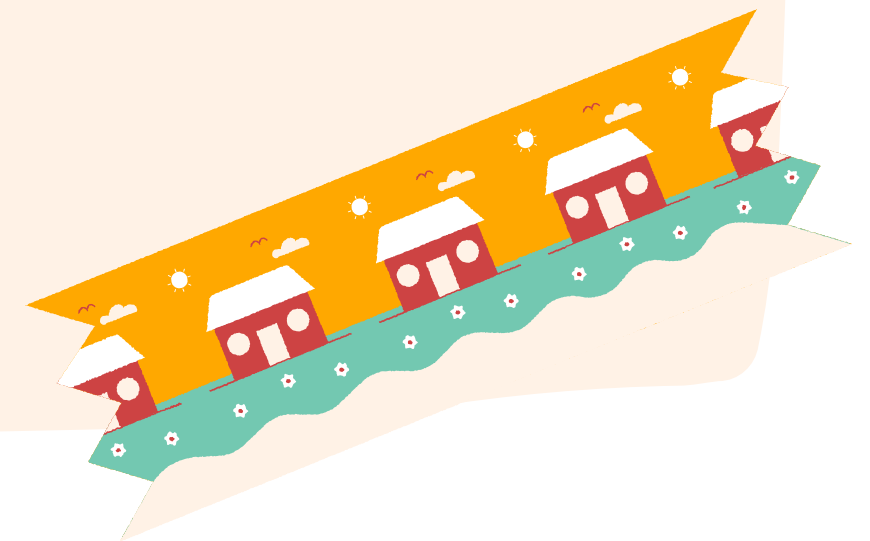


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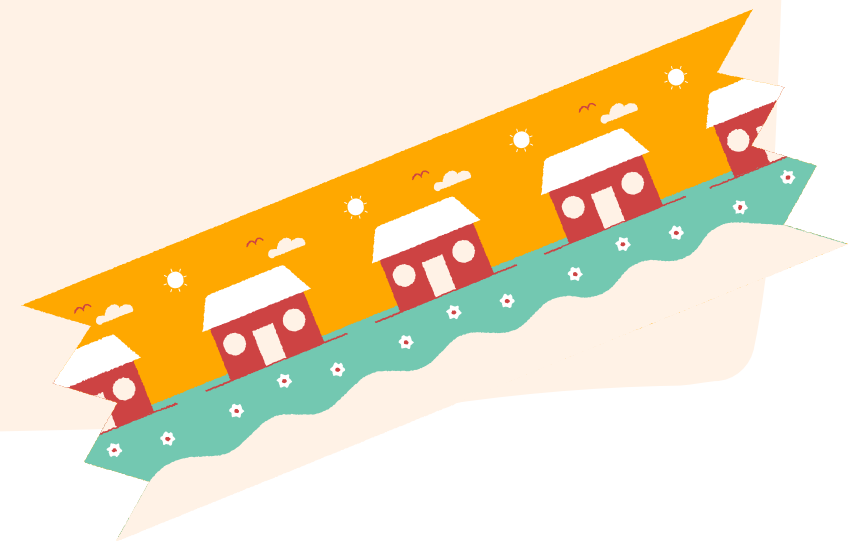
**TO RELY LESS ON ANIMALS, SUBSTITUTES
FOR MEAT ARE BEING CREATED**





THEY ARE CALLED ALTERNATIVE PROTEINS.

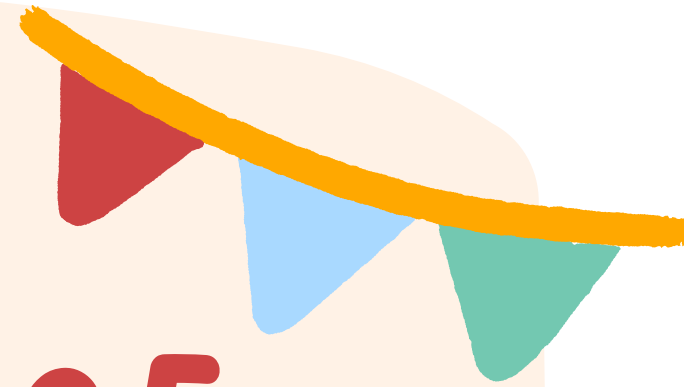
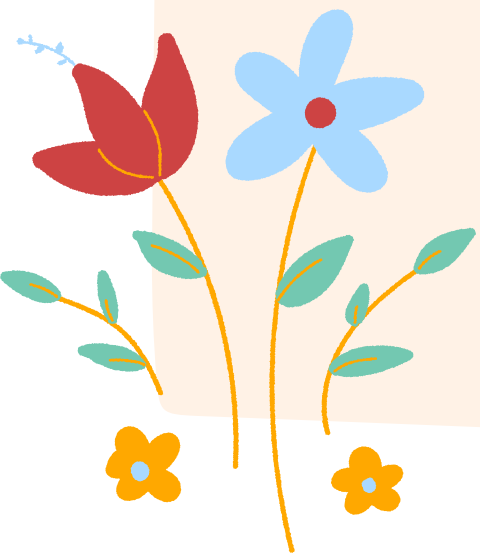
Food that provide proteins which do not come from
animals



ALTERNATIVE PROTEINS ARE **MORE** **SUSTAINABLE** BECAUSE

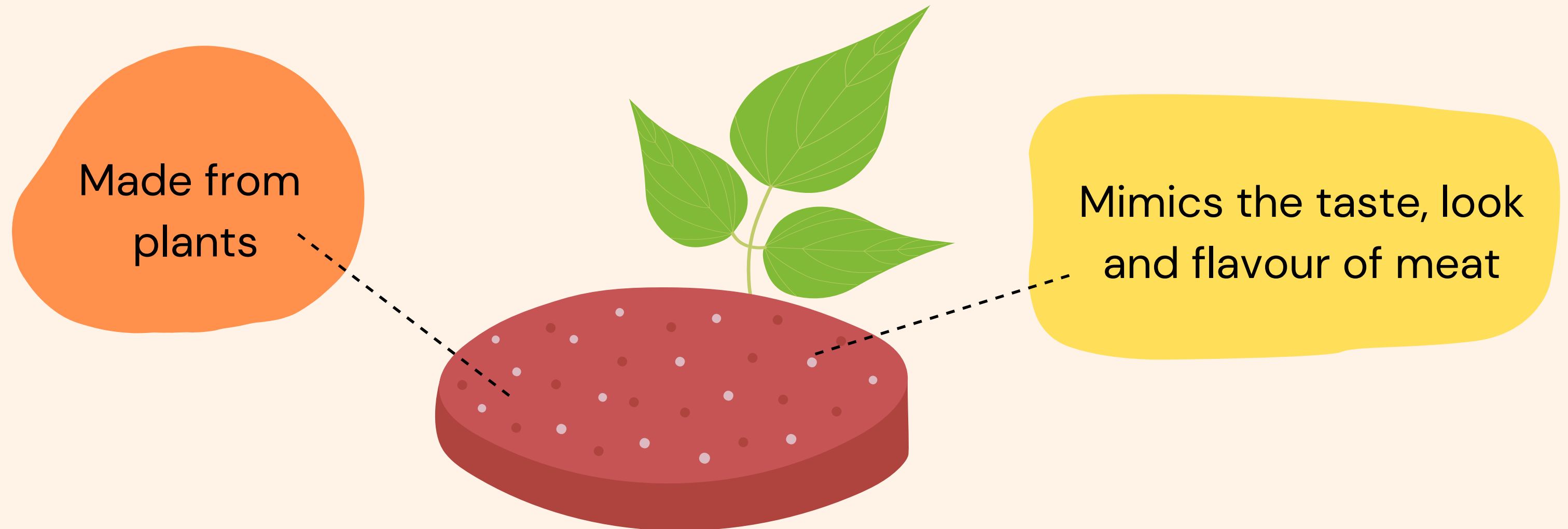


1. THEY PRODUCE LESS GREENHOUSE GASES
2. THEY USE LESS RESOURCES LIKE LAND AND WATER.



TYPES OF ALTERNATIVE PROTEINS

1. PLANT-BASED MEAT



EXAMPLE: IMPOSSIBLE MEAT



Heme – The Magic Ingredient in the Impossible™ Burger



Find out the 3
steps to creating
Impossible Meat!

go.gov.sg/impossible-burger-heme

2. CULTURED MEAT



Grown in labs from an
animal cell

HOW IS MEAT GROWN IN THE LABS?

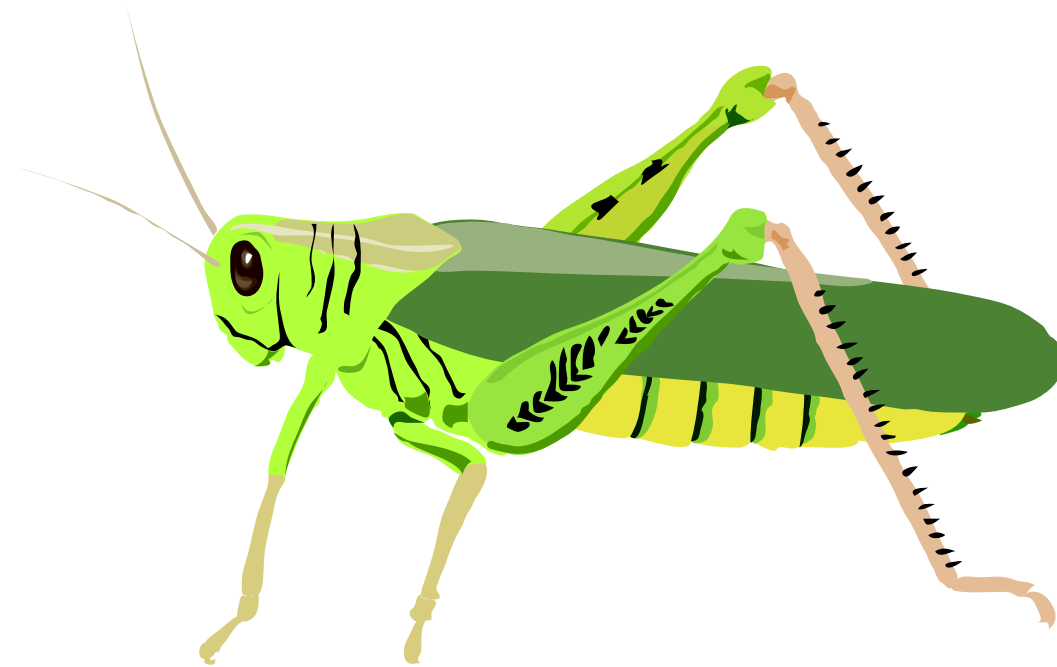


1. Extract an animal's stem cell.
The animal is not hurt in the process.
2. Cells are grown in the bioreactor. Broth in the bioreactor contains nutrients such as protein, salt and sugars.
3. Cells grow and form a piece of meat.
4. Meat is harvested.

3. *INSECTS*

Did you know?

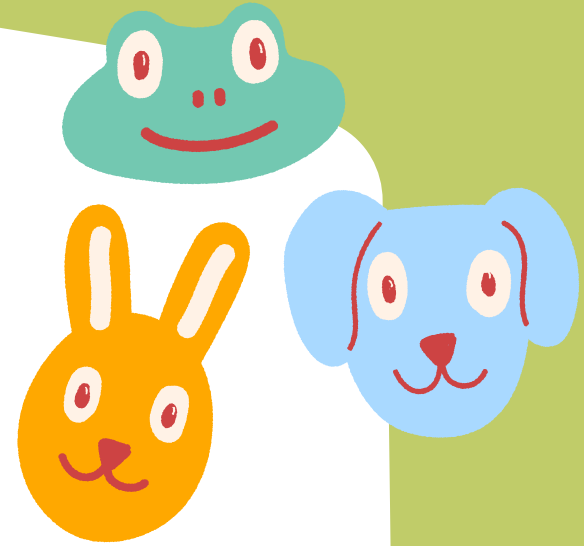
Insects are part of the diet for some people in Africa, Asia and Latin America.



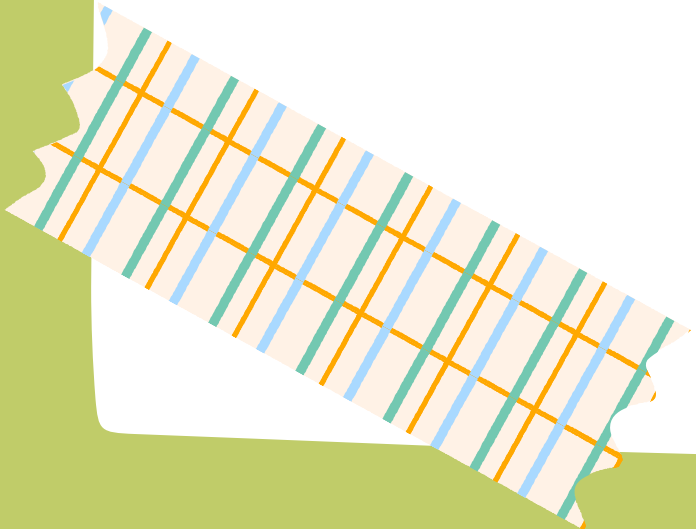
Common way to add insects into food:
Grind them into powder form

Types of edible insects:
Crickets, mealworms,
grasshoppers.

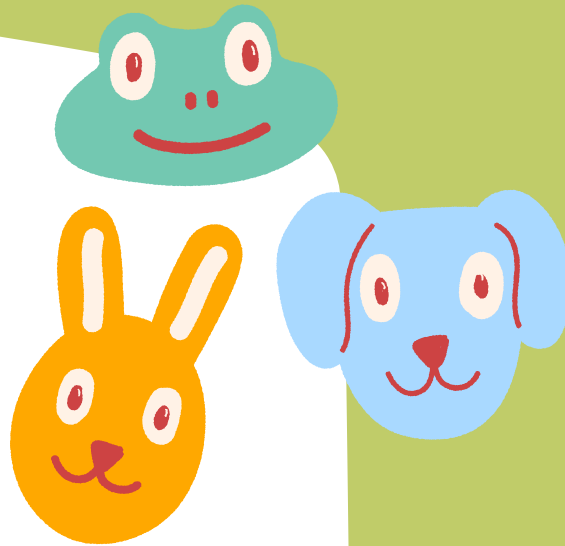
TALKING POINT



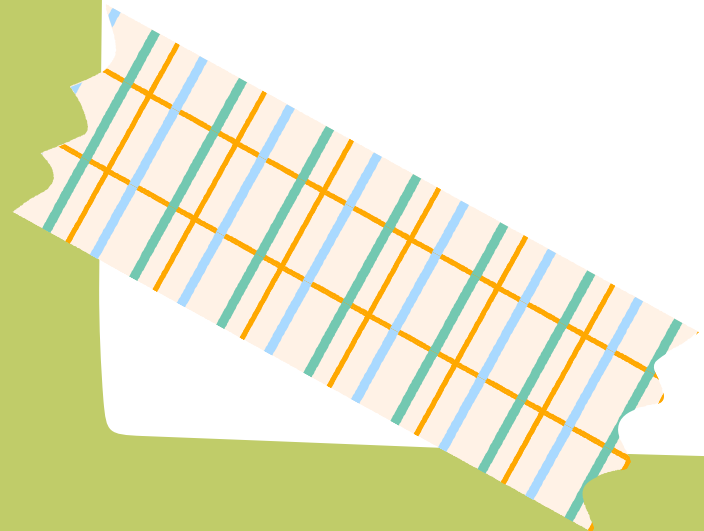
Given the chance, will you try any of these alternative proteins?
Why or why not?



TO DO



**INTRODUCE YOUR CHILD TO
PLANT-BASED PROTEINS DURING
YOUR GROCERY TRIP!**





PLANT-BASED PROTEINS

Quinoa

☐

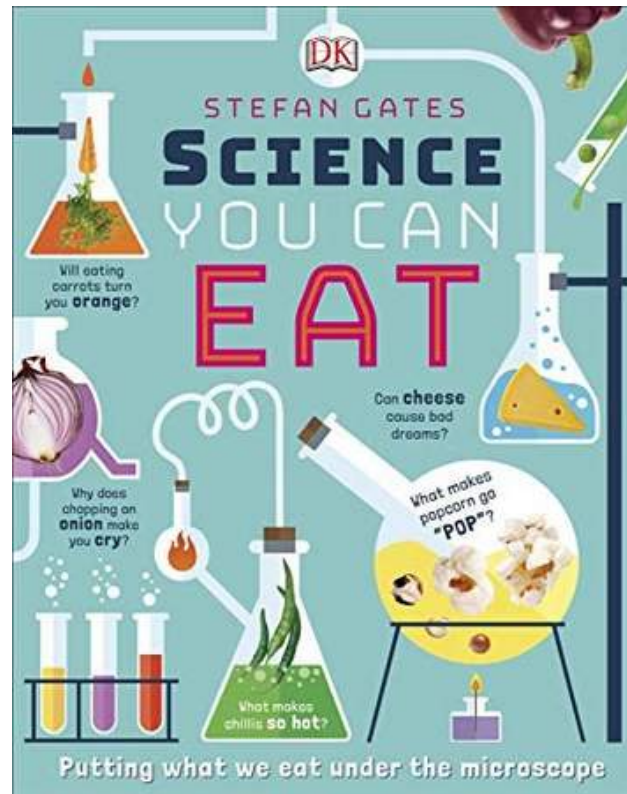
Soy meat

☐

Tempeh

☐

BOOK RECOMMENDATIONS

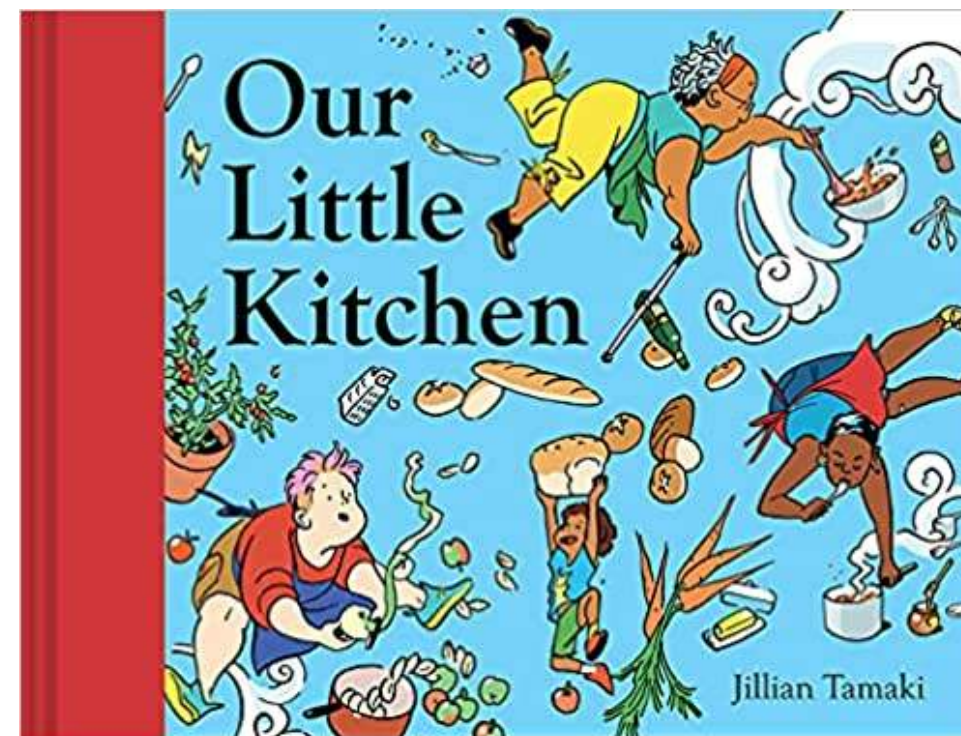


By: Stefan Gates

Publisher: Darling Kindersley
Ltd, 2019

Section: Children Non-Fiction

Call no.: English 641.3 GAT



By: Jillian Tamaki

Publisher: Abrams Books for
Young Readers, 2020.

Section: Children Picture Books

Call no.: English TAM



By: Kate Rogers

Publisher: KidHaven Publishing,
2019

Section: Children Non-Fiction

Call no.: English 641.3 ROG