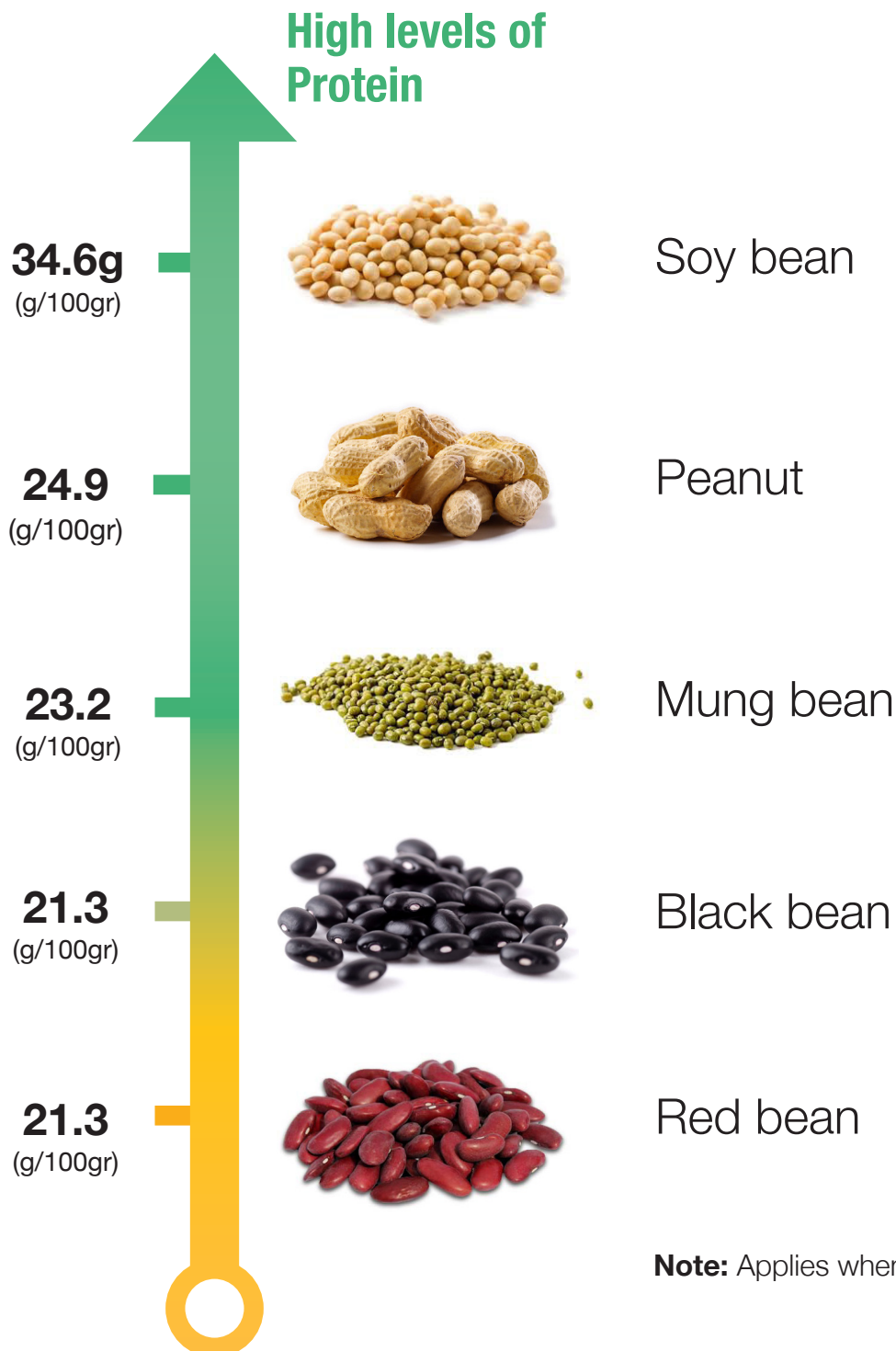


Plant and Eat for Protein

Protein is important for good **growth** as well as **physical** and **mental** development.



Note: Applies when uncooked or dry.

Lower levels of Protein



How can we plant more nutritious crops?

Discussion points

1. What do you see in this poster?
2. What are your considerations when deciding which crops to plant?
3. From these photos, which crops do you normally plant?
4. How can better nutrition help farmers? Pregnant women? Small children?
5. What is your opinion about growing crops that are better for nutrition?

Animal-source protein

We can also get **a lot of protein** from eggs, fish and meat. But sometimes we do not have access or enough money to eat these foods. Therefore it is important that we also consume other sources of protein like beans and nuts, so we can get protein regularly.



Reference: ASEAN Food Composition Database 2014

