

Project Green Challenge Day 2 - Challenge Greener

For today's challenge I watched the video, Earth Overshoot Day 2016 is on August 6 and browsed through their website and gained insight on the matter of ecological footprint. In the video it explained how humanity is exploiting earth and not taking into account that soon many of our resources will be gone. Therefore we must make sure to rebalance our earth by being more conscious of the food we consume, household energy, educate ourselves about natural resources, use public transportation, be more connected with the earth, reduce paper waste.

Which pledge did I take?

In the video six pledges were named to become a part of the #movethedate movement. I chose to pledge to host a vegetarian dinner party for my family.

What did I learn from taking this pledge?

What I learned from taking this pledge is that making a vegetarian meal is not limiting yourself compared to eating a meal with animal products. It actually can even be more of a variety due to the amount of different types of vegetables, grains, beans, and fruits. There is always more to discover when eating vegetarian.

Cooking a vegetarian meal was also a fun creative process as I made a soba noodle soup containing many vegetables and those vegetables have a lot of color which makes your meal look a lot more fun. With the noodle soup I made a kale, hijack, chickpea and onion salad. Another key thing I have learned is the amount of nutrients some vegetables and other natural products contain.

My soba noodle soup and salad was made of the following ingredients:

- Carrots
- Broccoli
- Pumpkin*
- Leek
- Hijiki**
- Tofu***
- Garlic
- Organic soba noodles
- Kale*****
- Onions
- Chickpeas*****
- Ginger
- Soy sauce****

*Pumpkin is a delicious seasonal vegetable available during the autumn and adds a lot of color to year meal and is a starchy vegetable but with less carbohydrates compared to potato.

**Hijiki is a type of seaweed (or sea vegetable) which can be found in coastlines of Japan, Korea and China. It is rich in dietary fibre and essential minerals.

***Tofu is a bean curd made of soybeans and a major component in Asian meals. Many vegetarians use it as a meat replacement due to its nutritional value.

****Soy sauce is a condiment made from fermented soy beans and other ingredients. It is a very salty sauce and therefore has a very high sodium value.

*****Kale is another seasonal vegetable but due to it being a green it has nutritional value due



to its high amount of Vitamin C.

*****Chickpeas is a pea part of the legume family. It too has a good nutritional value.

Pictures of the process and the vegetarian dinner party:





**What is my plan to follow through with this pledge?**

My plan to follow through with this pledge is to educate myself further in making more vegetarian meals, therefore broadening my horizon of the vegetarian cuisine.

While doing this I would like to share my meals and experiences with eating vegetarian to my fellow classmates and on social media. My goal during project green is to eat one vegetarian meal a day, post it on our team social media [greenpower_pgc17](#) to show examples of delicious vegetarian meals.

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