

Prof. Tilman's Fun School

Tenth issue, August 2021





Gring and Woodin were invited to have lunch with Prof. Tilman, an ecologist. He's going to serve his recommended cuisines from around the world.

I wonder what kind of cuisine he's preparing.



Welcome!



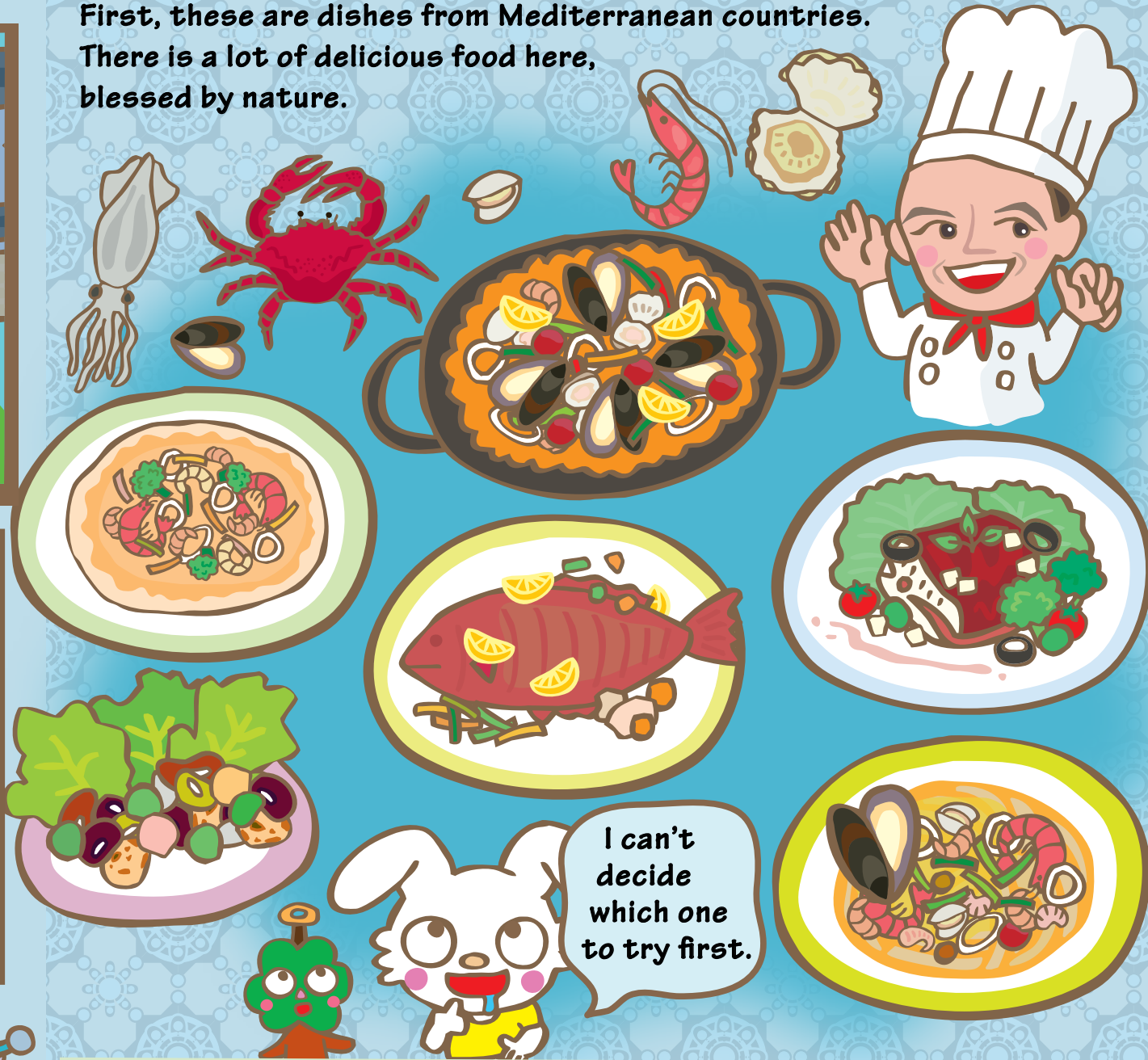
2020 Winner of the Blue Planet Prize

Hello, Prof. Tilman!



Cheers!

First, these are dishes from Mediterranean countries. There is a lot of delicious food here, blessed by nature.



I can't decide which one to try first.

Typical food in the Mediterranean diet



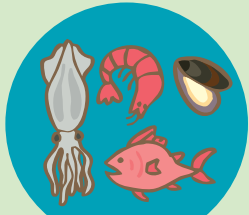
Fruit and vegetables



Grain



Olive oil



Seafood



Yogurt



Nuts



Cheese

This is Japanese cuisine.
These are some of Japan's traditional dishes.

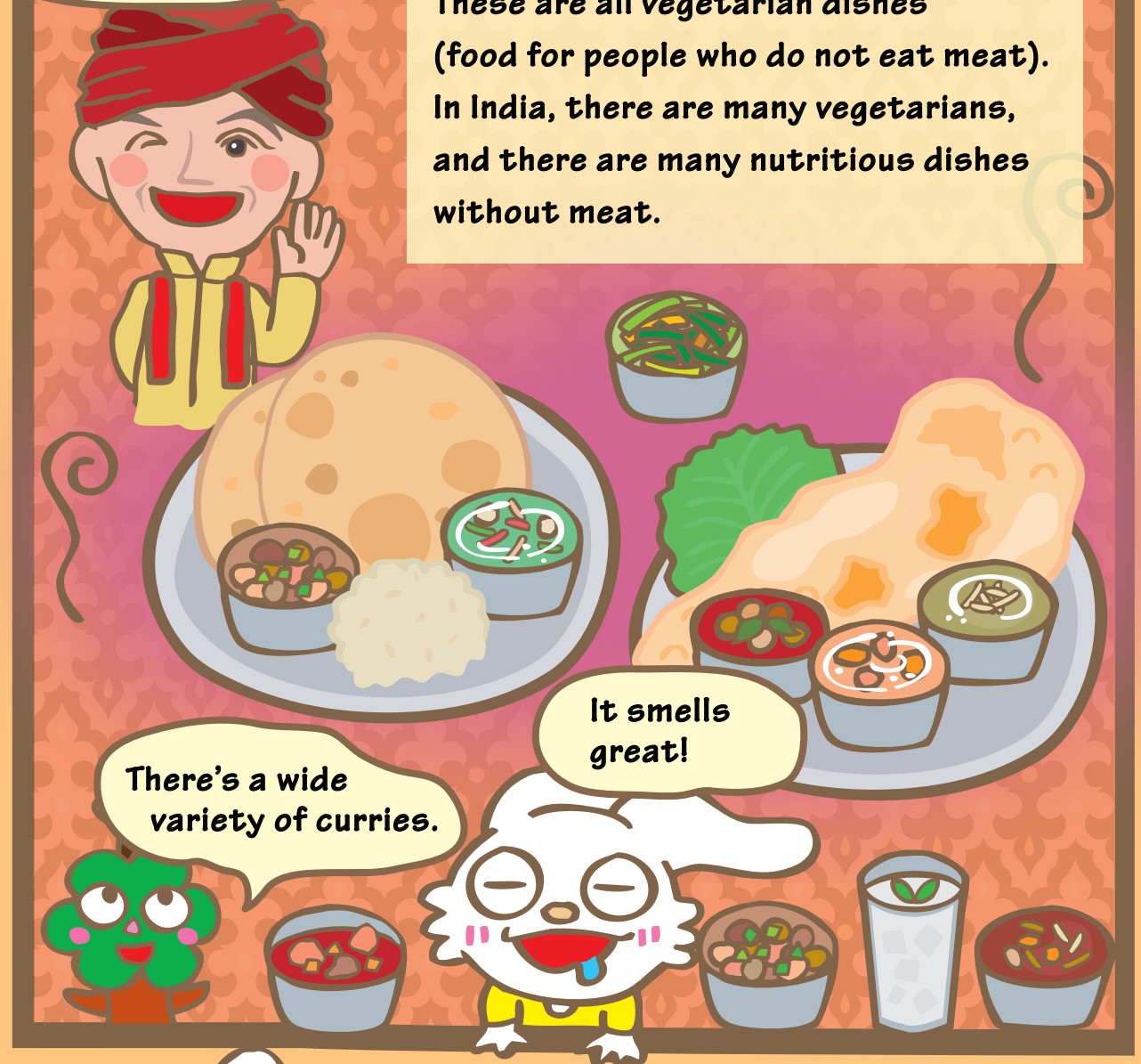


Surrounded by the ocean,
Japan has four distinct seasons and,
therefore, plenty of seafood and
seasonal vegetables.



Next, this is
Indian cuisine.

These are all vegetarian dishes
(food for people who do not eat meat).
In India, there are many vegetarians,
and there are many nutritious dishes
without meat.



There's a wide
variety of curries.

It smells
great!

I am totally full.
The food was so good.

Did you notice
anything about
the food you
just ate?

Well, there were a lot of vegetables and fish, too, but there was little meat.



Right! These foods are known to be good for health. Vegetables, fruit, and fish are all good for you.



They have additional benefits. Foods that are good for health are good for the environment, too.



Good for the environment? Why?



Do you mean eating too much meat is not good for health?

Eating too much meat is not good for health.



People in wealthy countries eat too much meat.



People clear the land to grow fruit and vegetables and to raise livestock on.



I'm not saying that you shouldn't eat meat. Meat is an essential food, especially for young people like you.



Dishes with little meat can still taste good and also make us healthy. That's great!



Livestock feed, grass or grain, comes from cultivated land.



Because cattle eat a lot, we need a large amount of land to grow their feed.



Eating alternative food to beef helps decrease the number of cattle, making it less necessary to turn forests into fields.



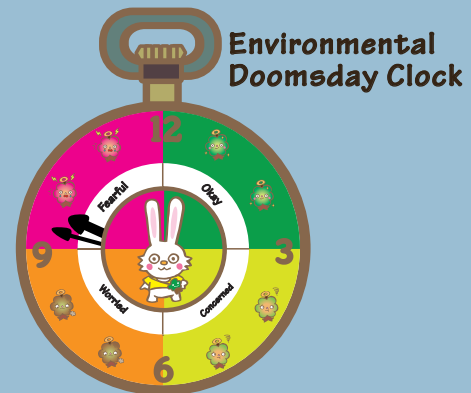
I see! The dishes we just ate are friendly to the earth's environment also.



That's right. Please cook and eat at home with your family the kind of dishes I served today. Please also introduce these cuisines to your friends. It is fun to select food that is good for health and the environment.



Thank you very much, Prof. Tilman.



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THE ASAHI GLASS FOUNDATION