Bush Tucker & Beyond: Native Foods + Nutrition

Bush tucker refers to native Australian plants and animals traditionally used by Indigenous Australians for food.

Wattleseed: Low GI; plant protein; iron, zinc, calcium, potassium
Kakadu Plum: Highest vitamin C; skin repair; UV-protective compounds
Saltbush: Protein; calcium, iron, magnesium, zinc; fibre; antioxidants
Kangaroo: High protein; low fat; iron, zinc, omega-3, vitamin B
Finger Lime: Vitamins, antioxidants, fibre
Emu: Low fat; iron, zinc, B vitamins, selenium; creatine
Bush Tomato: Vitamin C; antioxidants; potassium; iron; fibre
Midyim Berry: Antioxidants; vitamin C; fibre; calcium; iron
Crocodile: High protein; low fat; omega-3; collagen; B12, iron, zinc
Lemon Myrtle: Antimicrobial; antioxidants; anti-inflammatory; digestive support

LIVEWORKSHEETS