



## Lesson #6

### Go Lean with Protein

#### Time Table

**Total Time: 30 minutes**

**10 minutes:** Introduction and explanation of the lesson

**10 minutes:** PowerPoint Presentation

**10 minutes:** Activity & take-home assignment

**Goal:** Introduce students to the importance of getting adequate protein and to teach them to identify foods that are good sources of protein

#### Objectives:

Students will:

- Learn the importance of adequate protein in a healthy diet
- Be able to identify protein-rich foods in the meat & beans group
- Participate in an activity that highlights good sources of protein

#### Materials:

- Lesson:
  - Blackboard and chalk or poster board with markers
- PowerPoint: *Fit4Kidz Go Lean with Protein* presentation
- Activity: *Fit4Kidz Go Lean with Protein* word search
- Take Home: *Fit4Kidz Go Lean with Protein* for parents and families

#### Instructions:

1. Introduce the lesson with a brief review of the last lesson on Fiber and ask the students to recall some key points from the lesson. Next, explain that today's lesson will focus on protein and the importance of adequate protein in a healthy diet.
2. Ask the students to give examples of what they had for dinner last night. Point out that many (or all) students named a food that is a member of the meat & beans groups of the My Plate (i.e. chicken, fish).
3. Explain to the students that these foods contain protein.

#### **But why do we need protein?**

- a. Protein is found in foods that come from animals, and also from some plants like beans and nuts. Your body uses protein to help you grow and to keep you strong.
  - b. Proteins are considered the building blocks for muscles, skin, hair and blood. Protein also gives our bodies energy.
4. Talk with the students about different foods that are good sources of protein. The best sources of protein come from animals. Chicken, beef, pork, eggs



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and seafood are all great sources of protein. Plants can give us protein too. Beans, tofu, nuts and seeds are all good sources of protein, especially when you eat them with whole grains, such as rice or bread (i.e. peanut butter on whole grain bread).

5. Have the class call out different foods that belong in the meat & beans group while you write them on the board or on a poster. This will lead into the activity below.

**Activity:**

Pass out the *Fit4Kidz Powerful Proteins* word search. Have the students find the words that are good sources of protein. Review the answers with the students and have them place the activity in their *Fit4Kidz* binder or folder.

**Take Home:**

Pass out the *Fit4Kidz Powerful Protein Snacks* handout with recipes for the students to take home and use with their parents.

For further reference, students and families can visit [www.fit4kidz.us](http://www.fit4kidz.us).