

POWER UP WITH PROTEIN

PROTEIN IS NEEDED FOR GROWTH, DEVELOPMENT, BUILDING AND REPAIR OF BODY CELLS AND TISSUES. KEY NUTRIENTS SUCH AS IRON, ZINC AND VITAMIN B12 ARE FOUND IN THE PROTEIN GROUP.

IRON



ZINC

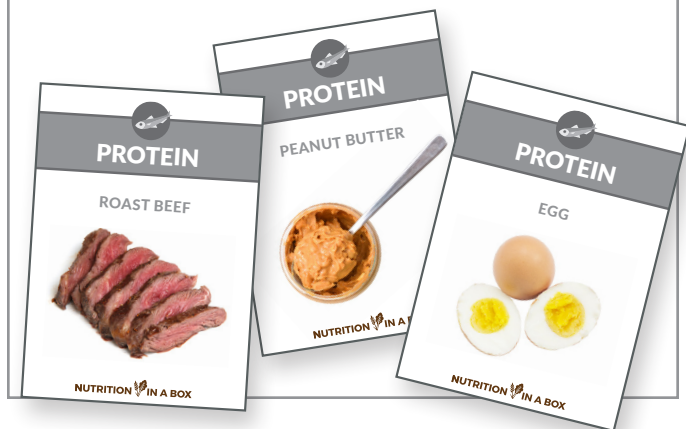


VITAMIN B12



FIND THE PROTEIN

Can you sort the
PROTEIN PHOTO CARDS
into plant and animal sources?

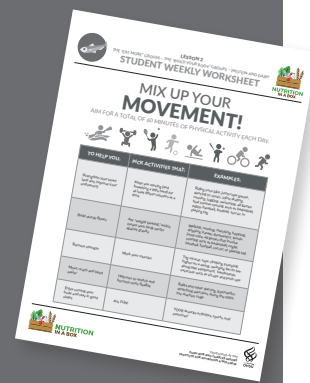


How much do you
know about protein?

Answer the questions in
the PROTEIN PURSUIT
trivia game on the table.

More on Building a Strong You

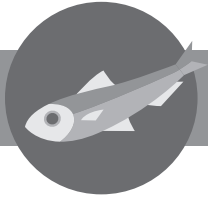
Physical activity and a healthy
diet are both needed for a healthy
heart, strong muscles and sturdy
bones. Check out the “Mix up
Your Movement” chart on your
activity sheet for ideas.



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POWER UP WITH PROTEIN

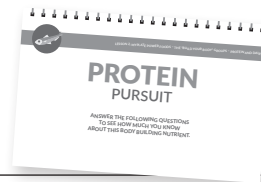
HERE'S WHAT TO DO AT THIS STATION:

- 1 Identify the importance of protein in the daily diet.**
 - Protein is needed for growth, development, building and repair of body cells and tissues.
 - Protein foods also include other key nutrients such as iron, zinc and vitamin B12.

- 2 Explain why the protein group is named after a nutrient, not a food like the other food groups.**

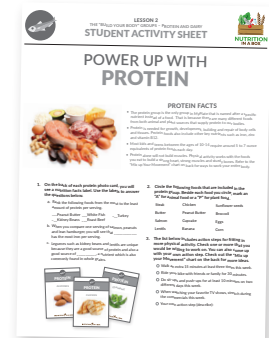
That is because there are many different foods from both animal and plant sources that supply protein to our bodies. This group was once called the “meat” group, but we now understand that many plant-based foods also supply the protein and other key nutrients contained in meat, fish and poultry.

- 3 Pair up with a partner and test your knowledge of protein by playing the “Protein Pursuit” game on the table.**

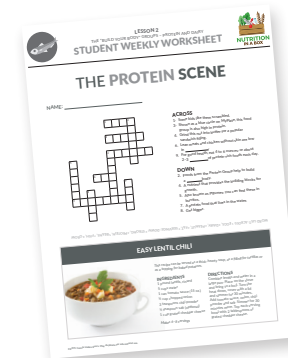


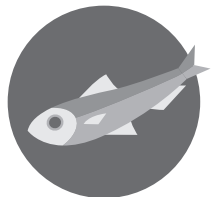
- 4 Complete the “Power up with Protein” activity sheet.**

You will also notice there is a section on physical activity included on this sheet. That's because both physical activity and a healthy diet with adequate protein are needed for a healthy heart, strong muscles and sturdy bones.



- 5 At home, complete The Protein Scene worksheet. Consider making the easy lentil chili recipe for your family!**



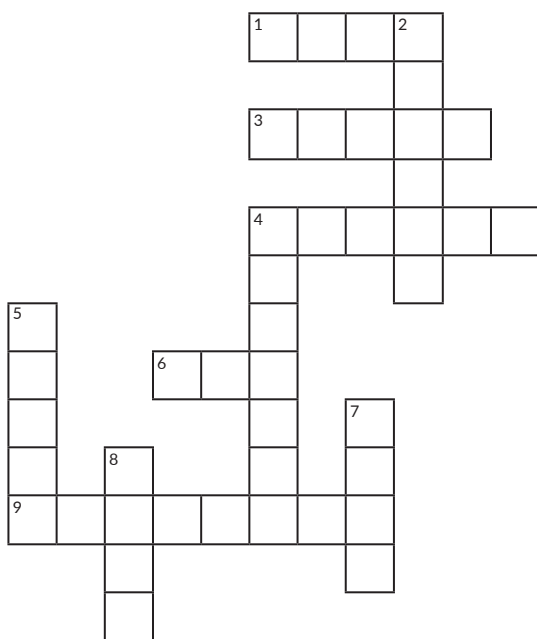


LESSON 2
THE "BUILD YOUR BODY" GROUPS – PROTEIN AND DAIRY
STUDENT WEEKLY WORKSHEET



THE PROTEIN SCENE

NAME: _____



ACROSS

1. Some kids like them scrambled.
2. Shown as a blue circle on MyPlate, this food group is also high in protein.
3. Grind this nut into butter for a popular sandwich filling.
4. Lean meats and chicken without skin are low in _____.
5. For good health, eat four to six ounces, or about two to three _____ of protein-rich foods each day.

DOWN

2. Foods from the protein group help to build a _____ body.
4. A nutrient that provides the building blocks for growth.
5. Also known as legumes, you can find these in burritos.
7. A protein food that lives in the water.
8. Get bigger.

WORD LIST: ACROSS: 1 EGGS, 2 DAIRY, 3 PEANUT, 4 FAT, 5 SERVINGS, DOWN: 2 STRONG, 4 PROTEIN, 5 BEANS, 7 FISH, 8 GROW

EASY LENTIL CHILI



This recipe can be served as a thick, hearty soup, as a filling for tortillas or as a topping for baked potatoes.

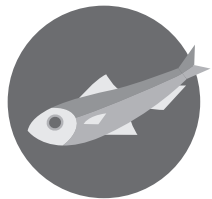
INGREDIENTS

- 1 pound lentils, rinsed
- 5 cups water
- 1 can tomato sauce (15 oz.)
- ½ cup chopped onion
- 3 teaspoons chili powder
- ½ teaspoon salt (optional)
- 1 cup grated cheddar cheese

Makes 6–8 servings

DIRECTIONS

Combine lentils and water in a large pan. Place on the stove and bring to a boil. Turn the heat down, cover with a lid and simmer for 30 minutes. Add tomato sauce, onion, chili powder and salt. Simmer for 30 minutes more. Top each serving bowl with 2 tablespoons of grated cheddar cheese.

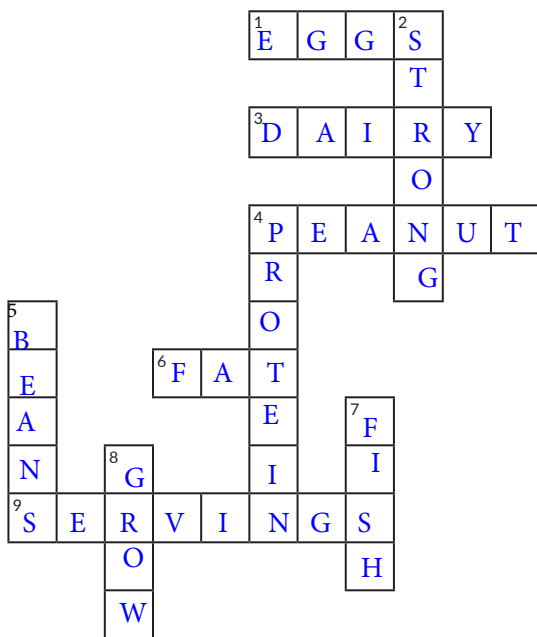


LESSON 2
THE "BUILD YOUR BODY" GROUPS – PROTEIN AND DAIRY
STUDENT WEEKLY WORKSHEET
Answer Key



THE PROTEIN SCENE

NAME: _____



ACROSS

- Some kids like them scrambled.
- Shown as a blue circle on MyPlate, this food group is also high in protein.
- Grind this nut into butter for a popular sandwich filling.
- Lean meats and chicken without skin are low in _____.
- For good health, eat four to six ounces, or about two to three _____ of protein-rich foods each day.

DOWN

- Foods from the protein group help to build a _____ body.
- A nutrient that provides the building blocks for growth.
- Also known as legumes, you can find these in burritos.
- A protein food that lives in the water.
- Get bigger.

WORD LIST: ACROSS: 1 EGGS, 3 DAIRY, 4 PEANUT, 6 FAT, 9 SERVINGS; DOWN: 2 STRONG, 5 BEANS, 7 FISH, 8 GROW

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LESSON 2

THE "BUILD YOUR BODY" GROUPS – PROTEIN AND DAIRY

STUDENT ACTIVITY SHEET



POWER UP WITH PROTEIN



PROTEIN FACTS

- The protein group is the only group in MyPlate that is named after a specific nutrient instead of a food. That is because there are many different foods from both animal and plant sources that supply protein to our bodies.
- Protein is needed for growth, development, building and repair of body cells and tissues. Protein foods also include other key nutrients such as iron, zinc and vitamin B12.
- Most kids and teens between the ages of 10-14 require around five to seven ounce equivalents of protein foods each day.
- Protein alone will not build muscles. Physical activity works with the foods you eat to build a strong heart, strong muscles and sturdy bones. Refer to the "Mix up Your Movement" worksheet for more ideas.

1. On the back of each protein photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

- Rank the following foods from the most to the least amount of protein per serving.
___Peanut Butter ___White Fish ___Turkey
___Kidney Beans ___Roast Beef
- When you compare one serving of salmon, peanuts and lean hamburger, you will see that _____ has the most iron per serving.
- Legumes such as kidney beans and lentils are unique because they are a good source of protein and also a good source of _____, a nutrient which is also commonly found in whole grains.

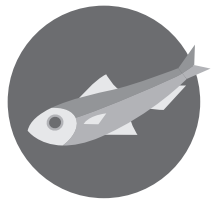
2. Circle the following foods that are included in the protein group. Beside each food you circle, mark an "A" for animal food or a "P" for plant food.

Steak	Chicken	Sunflower seeds
Butter	Peanut Butter	Broccoli
Salmon	Cupcake	Eggs
Lentils	Banana	Corn

3. The list below includes action steps for fitting in more physical activity. Check one or more that you would be willing to work on. You can also come up with your own action step. Check out the "Mix up your Movement" worksheet for more ideas.

- ☐ Walk an extra 15 minutes at least three times this week.
- ☐ Ride your bike with friends or family for 30 minutes.
- ☐ Do sit-ups and push-ups for at least 10 minutes on two different days this week.
- ☐ When watching your favorite TV shows, stretch during the commercials this week.
- ☐ Your own action step (describe):





LESSON 2
THE "BUILD YOUR BODY" GROUPS – PROTEIN AND DAIRY
STUDENT WEEKLY WORKSHEET



MIX UP YOUR MOVEMENT!

AIM FOR A TOTAL OF 60 MINUTES OF PHYSICAL ACTIVITY EACH DAY.



TO HELP YOU:	PICK ACTIVITIES THAT:	EXAMPLES:
Strengthen your heart (and also improve your endurance)	Keep you moving (and breathing a little hard) for at least fifteen minutes at a time	Riding your bike, jump rope games, dancing to music, inline skating, running, jogging, swimming, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag
Build sturdy bones	Are "weight bearing," which means your body works against gravity	Walking, running, marching, hopping, skipping, karate, gymnastics, tennis, jump rope, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag
Become stronger	Work your muscles	Tug-of-war, rope climbing, pumping higher on a swing, swinging bar to bar along play equipment, handstands, exercises such as sit-ups and push-ups
Move, reach and bend easier	Help you to stretch and become more flexible	Ballet and other dancing, gymnastics, stretching exercises, doing the splits, toe reaches, yoga
Enjoy moving your body and stay in good shape	Are FUN!	YOUR favorite activities, sports, and exercises!



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