

Meat, Beans and Protein

The meat and beans group keeps your body healthy



Circle the foods from the meat and beans group you like.

Do you want strong muscles?
Draw a picture of you with strong muscles because you ate meat and beans.

Meat and Beans have Protein



Protein helps grow strong muscles

Meat and Beans have Iron



Iron gives you energy

What things do you need energy for? Write it down or tell the teacher.

Write or draw a picture for the answer to these questions.

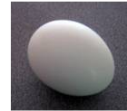
What size serving is peanut butter?

What size serving is meat?

How many eggs are in a serving?

How much should you eat?

Pick 2 or 3 everyday



Healthy Meat



Can you name the meats we should eat more often because they are healthy meats?

Can you name the meats we should only eat sometimes because they are less healthy?

Less Healthy Meat



Being Safe



- After you touch raw meat, what should you do? Circle the answer.
- Where should you keep uncooked meat and leftover meat? Draw a square around the answer.

What Can I Do?



Ask for healthy meat for dinner. Ask for chicken or turkey instead of a hamburger or hot dog.

- What change can you make because of what you learned today?
Ask for healthy meat or beans for dinner. Meats like fish, chicken and turkey are healthy for you.
- What kind of healthy meat do you want for dinner? Draw a picture, write it down, or tell your teacher.