

Slide 1

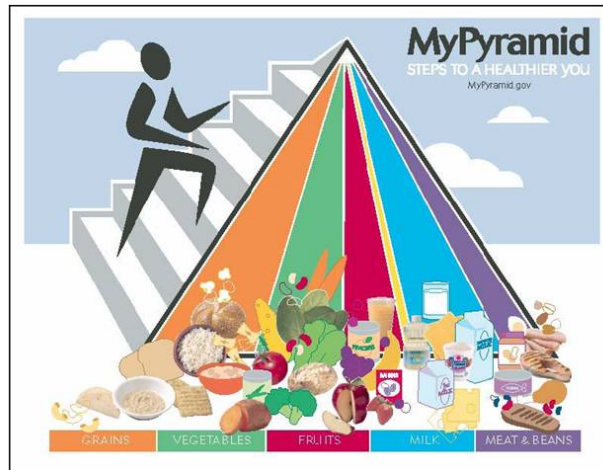
# Meat and Beans



Food \$ense Nutrition Education

Slide 2

# Food Guide Pyramid



Meat and beans are part of the food guide pyramid.

Slide 3

## The meat and beans group keeps your body healthy



These foods are all from the meat and beans group.

- Can you see some foods that you like to eat?
  - Fish
  - Ham
  - Chicken
  - Beans
  - Peanut butter

Slide 4

## Meat and Beans have Protein

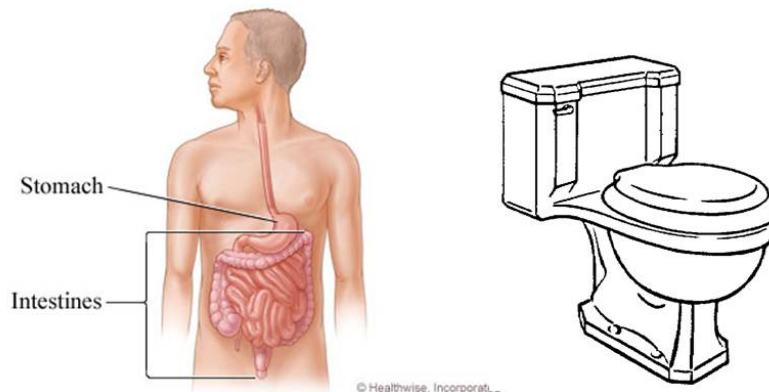


Protein helps grow strong muscles

Meat and beans help make and keep our bodies healthy. Meat and beans have protein. Protein helps grow strong muscles.

Slide 5

# Beans have Fiber



Fiber keeps your insides healthy

Beans have fiber and fiber keeps our insides healthy.  
Fiber helps the food we eat move through our bodies so we can go to the bathroom.

## Slide 6

# Meat and Beans have Iron



Iron gives  
you energy

Meat and beans have iron.  
Iron is a mineral in our blood that gives us energy so we can walk, run, and go through the day without getting too tired.

Slide 7

## How much should you eat?

Pick 2 or 3 everyday



The image contains five separate boxes illustrating serving sizes:

- Top-left: A matchbox next to a piece of grilled meat.
- Top-right: A spoon next to a blob of peanut butter.
- Bottom-left: A hand holding a small amount of beans.
- Bottom-center: A single egg.
- Bottom-right: A hand next to a bowl of beans.

- How much meat or beans should we eat in one day?
  - We should eat 2 or 3 foods from the meat and beans group every day.
- Can you see some foods from the meat and beans group that you like to eat?

\*Point to each food and its corresponding serving size.

You should eat a piece of meat that is the size of a stack of cards. You should eat a blob of peanut butter that fits in a cereal spoon. You could also eat one egg, and you should eat enough cooked beans to fill up your hand. All of these foods are from the meat and beans group and help your body stay healthy.

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## Healthy Meat



The image contains five separate boxes showing different types of meat:

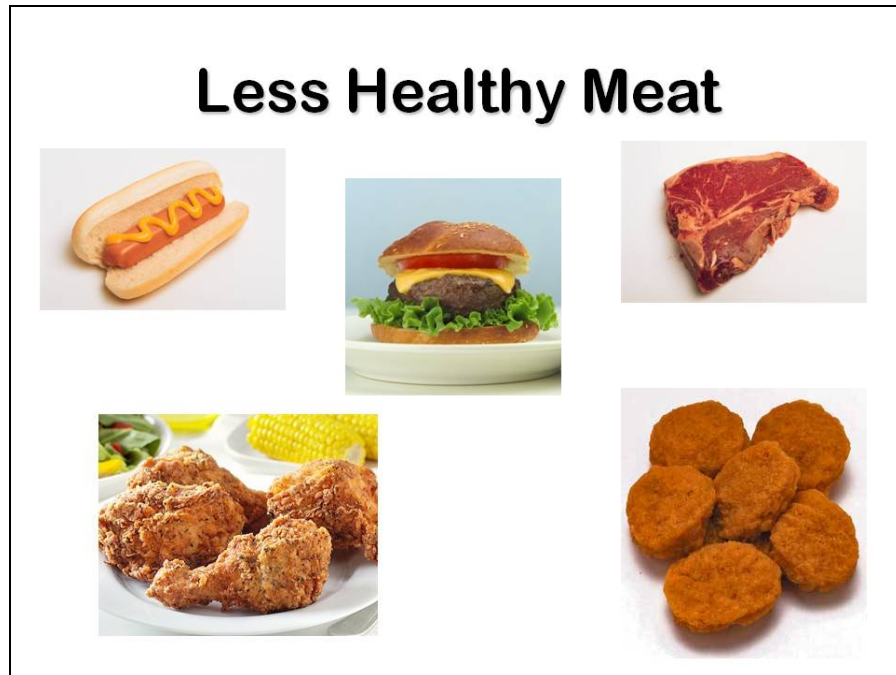
- Top-left: A plate of salmon with lemon slices.
- Top-center: A whole fish.
- Top-right: A roasted chicken.
- Bottom-left: A sandwich with turkey, cheese, and vegetables.
- Bottom-right: Grilled meat on a grill.

Some meats are better for our bodies than other meats are.

It is important to choose meats like..... (have them name the meat on the slide – Fish, Turkey, Chicken)

These meats are healthier for our bodies. It is best to cook them on a grill, or to roast it in a pot, or to broil it in the oven.

Slide 9



Meats that have a lot of fat or that are fried are not as healthy because fat clogs blood vessels so blood can't flow through our bodies.

We should only eat less healthy meats sometimes.

- Can you name some of the meats we should eat sometimes?
  - Hotdogs
  - Hamburgers from fast food restaurants
  - Steak
  - Fried chicken
  - Chicken nuggets

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Wash your hands after touching raw meat. You must always keep uncooked meat in the fridge.

## 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?

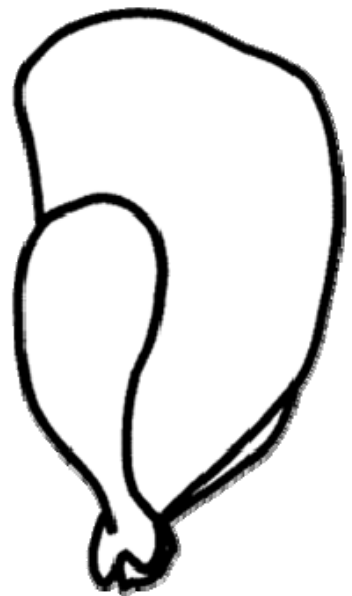
# Meat, Beans, and Protein Activity



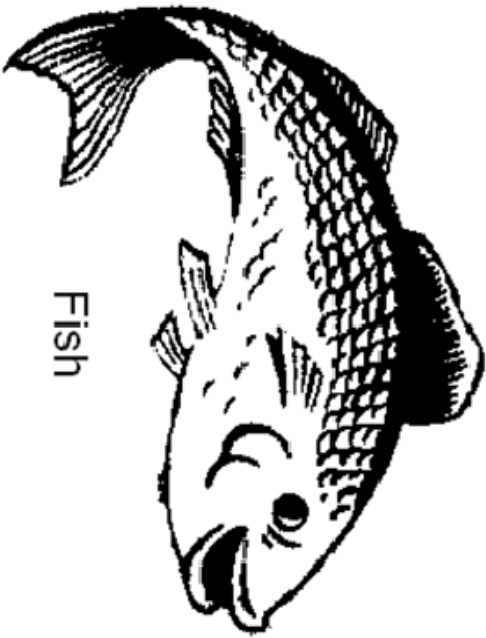
Ham



Eggs



Turkey



Fish



Nuts



Beans

Color the different foods in the meat, beans and protein group.