Have you ever heard of MyPlate? It shows us what kinds of foods are healthy for us to have on our plates every day. We should try to get a serving of each food group. Do you know what the food groups are? They are fruits, vegetables, grains, dairy and protein.

Today we will talk about protein! Protein can come from animal or plant sources. Some animal products that have protein are chicken, beef, and fish. Some plant sources of protein are beans, peas, and nuts (that includes peanut butter)!

We need protein in our bodies to make us strong. It helps build our muscles, bones, and helps us have healthy skin! Flex your muscles so you can see the protein at work!

**GREEN EGGS & HAM DEVILED EGGS**

**Ingredients**
- 12 large eggs, hard cooked and peeled
- 1/4 cup plain fat-free Greek yogurt or light mayo
- 2 Tbsp. deli style mustard
- 1-2 tsp lemon juice (to taste)
- kosher salt (to taste)
- 1 Tbsp milk
- 1 cup loosely packed baby spinach leaves
- Ham cubes to garnish

**Instructions**
1. Slice eggs in half length-wise with a knife. Or, use a piece of thread or fishing line for the smoothest cut.
2. Separate yolks and whites. Place yolks in a food processor with yogurt, mustard, milk, 1 Tbsp. lemon juice, spinach and black pepper. Pulse until mixture is smooth. Strain through a fine strainer if there are leafy bits. Add additional lemon juice if needed for taste.
3. Spoon or pipe filling back into egg whites and top with ham cubes. Serve! Eggs can be made a day ahead and stored in the fridge. Garnish with ham just before serving.
Did you know the foods in the protein MyPlate group come from both plants and animals? Four of these protein cards come from animals and four come from plants.

**Instructions:** Print cards double-sided and select flip on short side to make sure cards line up (see the next 2 pages). Cut out all six sets of cards. Mix up the cards then place them face down in rows. Flip two over at once. Try to remember where they are. Continue flipping over two cards at a time until you find two that match. Keep playing until all the cards are matched.