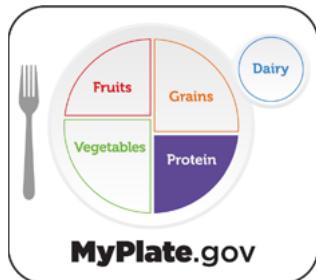


Protein Lesson

The Good Egg by Jory John and Pete Oswald.



NUTRITION

Children will learn about the MyPlate Protein Foods Group and what foods are in the group. Children will learn about protein and what it does for the body.

PHYSICAL ACTIVITY

The Good Egg Toss

SNACK

Meatball Lollipop or Turkey and Cheese Stacks

LESSON OBJECTIVES

Children will be able to do the following

1. Identify foods in the Protein Foods Group.
2. State why protein is important for health.
3. Name both plant and animal sources of protein.

LESSON ORDER

The lesson should be taught in this order

1. Introduce MyPlate Protein Foods Group
2. Read a children's story book
3. Talk about MyPlate Protein Foods Group and nutrition
4. Play a physically active game
5. Make and enjoy a healthy snack

REQUIRED MATERIALS

- The Good Egg book
- MyPlate Chart, Poster or Plate
- Protein Group food models
Cut out ahead of time and mix plant and animal cards
- Recipe and ingredients for Meatball Lollipops or Turkey & Cheese Stacks
- Plastic eggs
- 2 Scoops
- Bowls or pans
- Optional: Two brown bag sacks.
One labeled animal-based protein and one labeled plant-based protein
- Optional: Large plastic building blocks from Captain CREATE lesson

PROTEIN FOODS GROUP:

Vary your protein routine

Foods that belong in the protein food group include foods from both animal (eggs, poultry, meat, fish) and plant (beans, peas, soy products, nuts and seeds) sources.

The 2015-2020 Dietary Guidelines for Americans (DGAs) encourages choosing a wider variety of healthy protein options. When choosing meat, look for leaner cuts such as round or sirloin beef, or ground meats that have a higher lean to fat percentage (i.e., 90% lean/10% fat). Trimming and/or draining fat and removing skin from poultry are other ways to reduce extra fat and calories. Eggs can be an inexpensive way to get protein in the diet.

Consider trying out lentils, beans, and peas such as black beans and chickpeas. In general, beans are lower in saturated fat, provide dietary fiber (which is only found in plant-based foods), and contain important vitamins and minerals.

Seafood is also a nutritious protein source. Fatty-fish such as salmon, sardines, and trout contain heart healthy fats in addition to protein and other nutrients. The 2015-2020 Dietary Guidelines for Americans (DGAs) recommend that adults eat two 4-ounce portions of seafood per week (8 ounces total). The EPA and FDA suggest a 2-ounce portion of seafood for children ages 4-7, once or twice per week.

It is recommended that most people ages 9 and older eat 5 to 7 ounces of protein each day (from both meat and plant-based sources). Most children ages 4-8 need 3-5 ounces of protein per day. Most children 2-3 years old need 2-3 ounces of protein.*

*MyPlate serving recommendations are based on age, estimated number of calories required, and daily physical activity level. Individual needs and recommendations vary. For specific guidelines go to <https://www.choosemyplate.gov>.

What counts as 1 ounce in the Protein Foods Group?

It can be confusing to figure out what an ounce looks like in different foods – especially in the Protein Foods Group.

One ounce of a Protein food is equal to:

1 egg; 1/4 cup cooked beans or peas; 1/2 ounce nuts or seeds; 1 ounce lean meat, poultry or seafood; 1 Tbsp. peanut butter.

For a helpful table with more ounce equivalents go to: myplate.gov/protein-foods

It may also be helpful to have a visual reference for various foods.

- Nuts: 1/2 ounce = about 12 almonds, 7 walnut halves
- Peanut Butter: 2 Tbsp is about the size of a golf ball (1 Tbsp = 1/2 golf ball)
- Meat/Poultry/Fish: 3 ounces of meat, poultry, or fish is about the size of a deck of cards

References

1. U.S. Department of Agriculture. (2018). Choosemyplate.gov. All about the Protein foods group. Retrieved from <https://www.choosemyplate.gov/protein-foods>.
2. U.S. Department of Agriculture. (2016). Choosemyplate.gov. Protein foods: Nutrients and health benefits. Retrieved from <https://www.choosemyplate.gov/protein-foods-nutrients-health>.
3. U.S. Department of Agriculture. (2015). Dietary Guidelines for Americans 2015-2020 eighth edition. Retrieved from https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf.
4. U.S. Food & Drug Administration. (2017). Eating fish: What pregnant women and parents should know. Retrieved from www.fda.gov/Food/ResourcesForYou/Consumers/ucm393070.htm#supporting.
5. Zelman, K. (2012). WebMD portion size guide. Retrieved from <https://www.webmd.com/diet/printable/portion-control-size-guide>.

TEACHING THE LESSON

Begin by explaining you will read a book together, talk about MyPlate, play a fun physically active game and enjoy a healthy snack.

Sample Instructor Narrative

Instructor text is in blue

Today we are going to learn about the Protein Foods Group. The Protein Foods Group is part of My Plate. (Show Myplate chart, poster or plate.) **Can you see where the Protein Foods Group is on MyPlate?**

We are going to read the book The Good Egg by Jory John and Pete Oswald. (Show the book.) **While we read the book, think about how it fits in with what we are talking about today: the MyPlate Protein Foods Group.**

Tips for Reading to a Group of Children:

- Make sure to read the book yourself ahead of time so you are familiar with it.
- Sit in a chair or on the floor in the center. Ask children to sit around you in a semi-circle. Ask kids to “sit on their pockets.”
- Read the book holding it up.
- Hold book up high and slowly show it around the entire circle so all kids can see.
- Speak loudly with a clear voice – articulating voices for characters, etc., when it applies.

Tips for Increasing Engagement While Reading the Book

- If children start to lose attention ask them if they are ever naughty like The Good Egg's siblings. Ask what they can do to be a good egg such as be quiet and listen to the book being read.

AFTER READING THE BOOK

Ask the children, **So what happened at the end of the book?** (Allow children time to answer - he tried something new, etc.)

Hold up the MyPlate poster or plate again. **Remember before reading the book we looked at MyPlate? Do you remember where the Protein group is? MyPlate helps us to know how to eat in a healthy way. It reminds us that we should eat food from each of the food groups each day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein and Dairy.**

The Protein group includes foods that are animal-based foods and some that are plant-based. Isn't that kind of weird—that an animal and a plant can be in the same group? Let's look at some pictures of foods and see if we think they belong in the protein group. Show four pictures - two plant and two animal (you will show the other pictures at the end of the lesson). As you go over them, tell the kids if they are plant-based or animal-based. Optional: ask kids if they have tried the food and if they like it.

The Protein group is really high in one certain nutrient. Have you heard of that word before: Nutrient? It is a substance in foods that we need in order to grow and survive. Who knows which nutrient is found most in the PROTEIN group? (Allow children to guess - they most likely will know protein). **Ask children to all hold up their arms and make a fist to show their arm muscles. What does protein do?** (Allow them to answer- makes you strong, etc.)

Great answers! Proteins are like stacks of building blocks. Your body breaks apart the blocks of a protein and puts them back together in different ways to build important structures in your body such as your muscles, bones, and even your skin. Your body gets these important "building blocks" from the protein foods you eat. Optional: Show the large plastic building blocks from Captain CREATE lesson.

Reference:

1. Harvard T.H. Chan School of Public Health. (n.d.). The nutrition source: Protein. Retrieved from <https://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/protein/>

Now that we know you have big muscles- should we play a game and watch you use them?

PHYSICAL ACTIVITY: THE GOOD EGG TOSS GAME

You will need: Plastic eggs; 2-6 Plastic Scoops

Explain the Game:

Have children team up in groups of two. Children will toss an egg back and fourth to each other. Each time you catch the egg take one step back. Continue until someone drops the egg. Step forward and start again.

Another game option: Taking turns, each child will start with an egg in a scoop (scoop provided with Food Fun and Reading - Cultural Adventures). Toss lightly in air. Do so as many times as he/she can without dropping it. Count out loud as egg is tossed. Give each child a turn. Depending on size of class have multiple students tossing at the same time.

HEALTHY SNACK

NOTE ABOUT FOOD ALLERGIES: Check with parents before any snacks are served to see if there are any food allergies. If a snack has an ingredient known to be a common allergen, such as peanut butter, make sure to have an alternative such as a low fat ranch dip.

INSTRUCTOR NOTE: Please instruct children to wash hands prior to eating. NEA should wear disposable gloves when preparing food.

MEATBALL LOLLIPOPS

Ingredients

- Frozen meatballs (they come in ground beef but also look for ground turkey or chicken)
- Pretzels or Crisp Breadsticks for lollipop sticks
- Healthy Sauce options* or Sauce recipe and ingredients

*Many ketchups and barbecue sauces are very high in added sugar. Look at ingredients before purchasing -usually a "natural" ketchup will have less sugar.

Instructions

1. Cook meatballs according to package directions.
2. Serve with sauce and "sticks."
3. Encourage kids to make lollipops (after they have washed hands)

SAUCE RECIPE

Ingredients

- 1 can (14.5 oz.) diced tomatoes with roasted garlic and onion
- 1 can (14.5 oz.) diced tomatoes, Italian style

Instructions

1. Blend together and heat.

Tip: If you are teaching off site, try putting meatballs in a crock pot to keep them heated.

Alternative recipe idea

TURKEY AND CHEESE STACKS

Ingredients

- Turkey slices
- Cheese slices (cheddar, swiss, etc.)
- Small plates

Instructions

1. Cut turkey and cheese into small squares ahead of lesson.
2. Give each child four slices of turkey and four slices of cheese.
3. Encourage kids to make stacks and see how high they can get them. Eat! (After they have washed their hands.)

WHILE ENJOYING THE SNACK REVIEW THE LESSON

You will need copies of the animal and plant proteins cards (and the paper bags—if using to place cards in). Set aside the four cards you have already shown the children.

Ask children:

1. Remember how foods in the MyPlate Protein group come from two different types of sources - animals and plants? Let's look at some more foods and see if we can decide which group they go in—animal-based or plant-based. Show children the remaining pictures of animals and plant-based foods (seeds, peanut butter, turkey, etc.) included in this lesson. (You have already shown them four at the beginning of the lesson.) Have kids guess which goes where. Place photos in the correct bag (if you decide to use paper bags labeled with Plant and Animal). (Optional—ask for a volunteer to come forward and do it.)
1. Foods in the Protein group are high in the nutrient protein. Can you remember what protein does for the body? I'll give you a hint! (Hold arms up showing muscles.) Protein helps us build strong muscles!

Extension

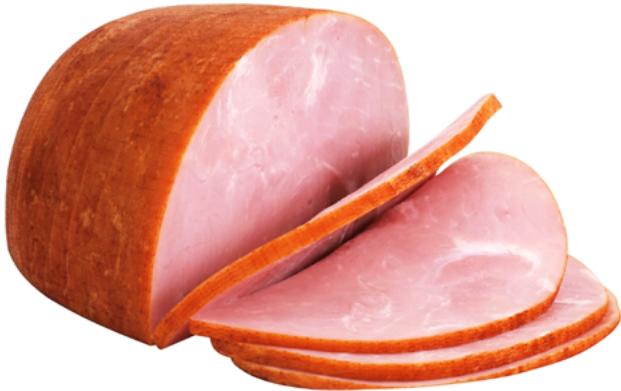
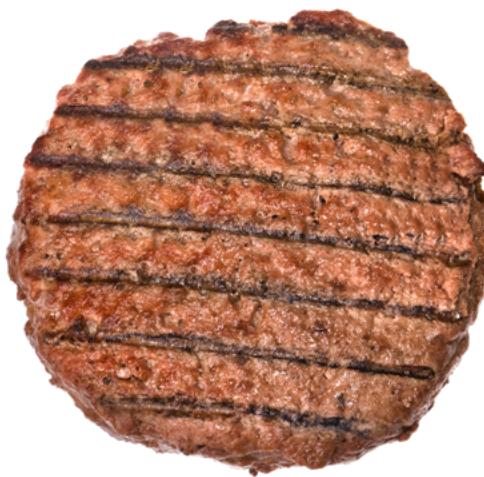
Utah State University



CREATE
BETTER HEALTH.^{ED}
SNAP-ED

CREATE FOOD FUN & READING PROTEIN GROUP FOOD MODELS

Cut out ahead of time



CREATE FOOD FUN & READING PROTEIN GROUP FOOD MODELS

Cut out ahead of time



LESSON HANDOUTS

To download and print these handouts, visit **FoodFunReading.usu.edu**.



Protein Lesson

Protein Memory Game

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.



ChooseMyPlate.gov



CREATE BETTER HEALTH © 2016

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution.

EXTENSION 
Utah State University

Recipes Handout

PROTEIN LESSON

Dear Parent,

Your child attended a Food, Fun, & Reading lesson today. Food, Fun, & Reading gets children excited about trying nutritious foods through reading and fun activities. Each lesson focuses on a different USDA MyPlate food group. Today, your child learned about the Protein foods group. Please see the attached handouts for more information including MyPlate tips for a kid's activity sheet, and kid-friendly recipes to try at home.

The Protein foods group includes foods derived from animals such as eggs, poultry, meat, and fish, and plant-based foods that are higher in protein content such as beans, peas, tofu, nuts and seeds. USDA's MyPlate encourages people to consider the types of protein they choose. Recommendations include choosing leaner, animal-based protein sources such as boneless skinless chicken breasts and lean ground turkey and/or beef. In addition, choosing a wider variety of other protein sources such as beans, peas, nuts and seeds, and fish, is important. Beans, peas, nuts, and seeds provide dietary fiber and are low in saturated fat. Fatty-fish such as salmon, sardines, and trout contain heart-healthy fats in addition to protein and other important nutrients.

Not sure where to begin with adding more variety of protein into your meals? Try involving the family in planning a new meal and setting aside a night (or morning) for family meal time. You could try a new soup with beans or peas, which are inexpensive and healthy protein sources, or try a stir-fry with tofu or edamame. You can give your child a choice of protein options to add to the meal.

Eating meals as a family has benefits for children, which continue into adolescence; therefore, starting this routine early will set them up for success. **Some of the benefits of family mealtime shown in research include the following:**

- Children who frequently eat meals with their families are more likely to eat more servings of fruits and vegetables and to have healthier overall eating patterns than those who eat with their families less often.
- Children and adolescents who frequently eat meals with their families are more likely to have better mental and emotional health. Specifically, girls are less likely to think poorly about their bodies and engage in harmful weight control behaviors, and both girls and boys are less likely to show signs of depression.

Sincerely,

The Food Sense Team

REFERENCES

Caldwell, A.R., Terhorst, L., Skidmore, E.R., & Bandwoski, R.M. (2018). Is frequency of family meals associated with fruit and vegetable intake among preschoolers? A logistic regression analysis. *Journal of Human Nutrition and Dietetics*. <http://dx.doi.org/10.1111/jhn.12531>

Dufault, M., Hertog, R., & Mata, C. (2018). Frequency of family meals and nutritional health in children: A meta-analysis. *Cochrane Reviews*, doi: 10.1111/crd.12659.

Hanson, M.E., Norris, M.L., Obed, N., Fu, M., Weiszner, H., & Sampson, M. (2015). Systematic review of the effects of family meal frequency on psychological outcomes in youth. *Canadian Family Physician*, 61, 496-510.

United States Department of Agriculture (USDA). (2017). *Nutrition Tracker*, 3. All about the protein foods group. Retrieved from <https://www.choosemyplate.gov/protein-foods>

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. Utah State University Extension does not discriminate on the basis of race, color, national origin, gender, age, disability or any other protected class.

EXTENSION
Utah State University

Parent Letter

CREATE Food Fun and Reading **Protein Lesson**