



## Protein 1<sup>st</sup> Grade



### UTAH CORE STANDARDS:

1.N.3: Describe how food is fuel for the body.

PE 1.3.2 Actively engage in physical activity during class.

### MATERIALS NEEDED

- Captain CREATE MyPlate Puppet or Captain CREATE poster (in Captain CREATE kit)
- From Captain CREATE Kit: (quantity 30) 22x17 Make a Healthy Plate Coloring poster (if you need more they are avail through Oriental Trading Company) OR Make a Healthy Plate with Captain CREATE coloring page avail in two sizes: 8½ x11 or 11 x 17(found on staff website)
- Protein Group Food Model cards (From Captain CREATE supplemental kit given at Jan trng)
- Plant Based and Animal Based Title Cards (From Captain CREATE supplemental kit)
- Black pocket chart with clear plastic pockets; magnetic hooks (in Captain
- CREATE supplemental kit – large clear bag given at winter regional training)
- Magnetic hanging clips
- Crayons or markers
- Taste Experience Ingredients and Supplies (listed in Taste Experience section)
- “At Home” Recipes Handout – give to each student to teacher to put in backpack to take home

**OBJECTIVE 1:** Students will identify what a protein food is.

**OBJECTIVE 2:** Students will understand how food is fuel for the body.

**OBJECTIVE 3:** Students will learn and play fun physical activities in the classroom.

### MYPLATE MESSAGE

*Sample Instructor Message is in blue.*

Educator/Ambassador Note: Prior to the lesson hang black pocket chart up. Slip Plant Based Title Card at the top and Animal Based Title Card towards the bottom.

Hi, my name is \_\_\_\_\_ with Utah State University CREATE Better Health and this is Captain CREATE. Captain CREATE wants to talk to you about Protein! Hold up Captain CREATE puppet or poster. We are going to learn what foods we need to eat to get protein and why protein is so important for our bodies. Can you see on Captain CREATE's tummy (or his shield on the Captain CREATE poster), which section is protein? Students answer. You could give the students hints like, "across from the green group" etc. That is right! Protein foods go in the Purple group. Protein foods make our muscles big and strong. Let's be strong and healthy superheroes and show our Captain CREATE muscles. Hold up Captain CREATE and demonstrates how he would use his muscles. Students show their biggest muscle poses. Protein is important for your body to work its very best. As we said earlier, our muscles need protein, but so does your skin, hair and nails (point to each as you say them).

Hand out Make a Healthy Plate posters OR Make a Healthy Plate placemats to each student. The image in the middle is called MyPlate. Notice how there are five different food groups? Eating healthy foods from all of the good groups is important to our health. Can you find the protein food group under the MyPlate image? Who can name some protein foods listed there? Allow some students to give answers. Notice that some of the foods in the protein group on your poster/placemat are from animals and some are from plants. Foods in the protein group can be from either animals or plants! You can start coloring the protein foods on your poster/placemat. While you do that, let's look at a few and see if you can tell which kind of food in the protein group comes from either animals or plants.

Place a basket filled with the protein group food model cards, one for each student, at the front of the room. Okay class, I've placed these protein food cards in this basket. As you can see we have two signs – Plant Based and Animal Based. I would like for each one of you to come up when I call on you and pick a protein food card out of the basket. Show the class the protein food card that you chose and tell us what it is. Then we can decide together if it comes from a plant or an animal. Once we decide which column the protein food card belongs in, you can place the food card under the category - plant protein or animal protein. Are you ready? Let's see how much we know about protein! Have every student take a turn to draw out a card, share with the class and place the card on the white board under the right column. Make sure there are enough protein food cards for every student in the classroom.

You can see from the board that there are many proteins that are both animal and plant based. Americans tend to eat a lot less plant based proteins than animal based proteins. Plant based proteins can have less fat and be healthier. Everyone look at the board and find a plant based protein you've eaten in the last month. I'm going to read the names of a few- raise your hand if you've eaten it. Go through a few plant based foods. Great job everyone! If you haven't eaten a plant based food lately I encourage you to try one soon. Speaking of plant based proteins- would you like to try one that's been baked into a sweet treat? At the end of lesson we are going to try one!

## ON THE MOVE

*Sample text for instructor is in blue font*

But first- we are going to play a game to get us moving! Being active and playing games where we move our muscles is an important part of being healthy too! Have any of you played Simon Says before? We are going to play a similar game. When I say “Captain CREATE Says” you all copy the action that I say. For example, if I said “Captain CREATE Says clap your hands”, you would all clap your hands and keep clapping them until I say a different action to do. I would then say something like “Captain CREATE says jump up and down. Captain CREATE says sit down. Stand up”. Oops...for those of you who stood up-did Captain CREATE say so? No. Only do the actions that Captain CREATE says to do, otherwise, you'll have to sit down. Okay everybody, are we ready? Let's all sit back down and we'll start. Some of the actions Captain CREATE will say are going to be related to a food in the protein group. All right, let's play Captain CREATE Says!!

Some ideas for actions are listed below. Continue to play the game as long as you have time. You might allow a student or two to come up and be the Captain CREATE Says leader. Some ideas for actions that the children could do are:

Swim like a fish...have children move around with arms swimming  
Hop on your left foot ten times  
Pretend to shoot a basket 10 times  
Moo like a cow...while walking and hands and knees  
Spin around in circles  
Act like a chicken and do the chicken dance  
Do the crabwalk and crawl around like a crab  
Leap like a frog for at least 5 times  
Roll around on the floor and act like a pig

## TASTE EXPERIENCE

*Before giving a snack, make sure you ALWAYS check for any allergies. If teaching in a school-make sure to get a list of food allergies in the school, you DO NOT need a list of students with allergies. If any child in the school has an allergy to a certain food-do not use it as part of the snack. Instruct students to wash hands before passing out their snack or eating it. Teachers or NEA, wash and/or prep the food beforehand.*

### **Awesome Oatmeal Cookies or Black Bean Brownies**

Have students help pass out snacks that have been prepared ahead of time. As children enjoy the cookie or brownie, ask the class, *did you find it a little strange that our snack today is a sweet and not anything that looks like it has protein in it? I'll let you in on a secret, the treat you are eating has beans in it! (White beans for cookies; black beans for brownies). Did you still like the taste of the treat? Have students answer. Who can tell me- was it a plant based or animal based protein in the treat? Plant- beans.*

## **Awesome Oatmeal Cookies Recipe**

### Ingredients

- ¾ c. mashed white beans
- 2 tbsp. canola oil (optional)
- 1/2 c. unsweetened applesauce
- ¾ c. brown sugar
- 1/2 c. granulated sugar
- 1 egg or 1/4 cup egg substitute\*
- 1 tsp. vanilla
- 3 c. quick oats
- 1/2 c. whole wheat flour
- 1 tsp. cinnamon
- 1 tsp. salt
- 1/2 tsp. soda

### Directions

Preheat oven to 350°. Beat mashed white beans, oil, brown sugar, granulated sugar, egg or egg substitute, and vanilla until smooth and creamy. Combine remaining dry ingredients in a separate bowl and mix together. Add to bean and sugar mixture; mix well. Drop onto greased cookie sheets and bake for 8-10 minutes. Cool on cookie sheet for 5 minutes then transfer to wire rack and cool completely.

**Yield:** about 36 cookies

\*Nuts, coconut, raisins, and/or chocolate chips maybe added with dry ingredients for variety.

\*1 tablespoon ground flax seed mixed into 3 tablespoons warm water may be used in place of one egg.

## **Black Bean Brownies**

### Ingredients

- 1 (15.5 ounce) can black beans, rinsed and drained
- 1 teaspoon vanilla extract
- 3 eggs
- ¾ cup white sugar
- 3 TBSP vegetable oil
- ¼ cup cocoa powder
- ½ cup milk chocolate chips
- 1 pinch of salt

### Directions

Preheat oven to 350 degrees. Lightly grease an 8x8 square baking dish. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar in a blender. Blend until smooth. Pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.