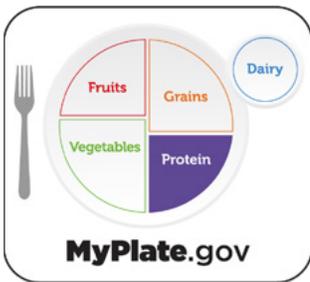


Protein Lesson

The Good Egg by Jory John and Pete Oswald

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NUTRITION FOCUS

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

Boiled Egg Boats 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 storybook, "The Good Egg."
3. Talk about the MyPlate Protein Foods Group and nutrition.
4. Play a physically active game.
5. Make and enjoy a healthy snack.

REQUIRED MATERIALS

- “The Good Egg” storybook by Jory John and Pete Oswald.
- MyPlate Chart, poster, or plate.
- Protein Food Group cards (cut apart prior to the lesson).
- Plastic eggs.
- Two Scoops.
- Bowl or pans.
- Optional: Two brown bag sacks, one labeled “animal-based protein” and one labeled “plant-based protein.”
- Optional: Large plastic building blocks.
- Recipe and ingredients for Boiled Egg Sail Boats or Turkey and Cheese Stacks.

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.
- If children are sitting on the floor, invite them to hug their legs in close lifting their feet off the floor. See if they can keep their balance as an “egg”.

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.

“Today we are going to learn about the Protein Foods Group. The Protein Foods Group is part of MyPlate.”

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 Protein Foods Group.”

AFTER READING THE BOOK

“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 Foods 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 every day. Foods are divided into five different food groups: Grains, Vegetables, Fruits, Protein Foods, and Dairy.”

The Protein Foods Group includes foods that come from animals and some that come from plants. Let's take a look at some photos to see if they are animal or plant proteins.

Show four pictures of protein foods—from two plant and two animal sources (you will show the other pictures at the end of the lesson). As you go over them, tell the kids if the foods come from a plant or from an animal.

Optional: Ask kids if they have tried the food and if they like it.

“The Protein Foods Group is high in one certain nutrient. Have you heard of that word ‘nutrient’ before? It is a substance in foods that we need to grow and survive. Who knows which nutrient is found most in the PROTEIN group?”

Simplified:

“Nutrients are what we get from foods we eat that help us to live and to grow.”

Have the kids repeat the word nutrient.

“Protein is a nutrient.”

“What does protein do?”

Allow the children to answer: makes you strong, etc.

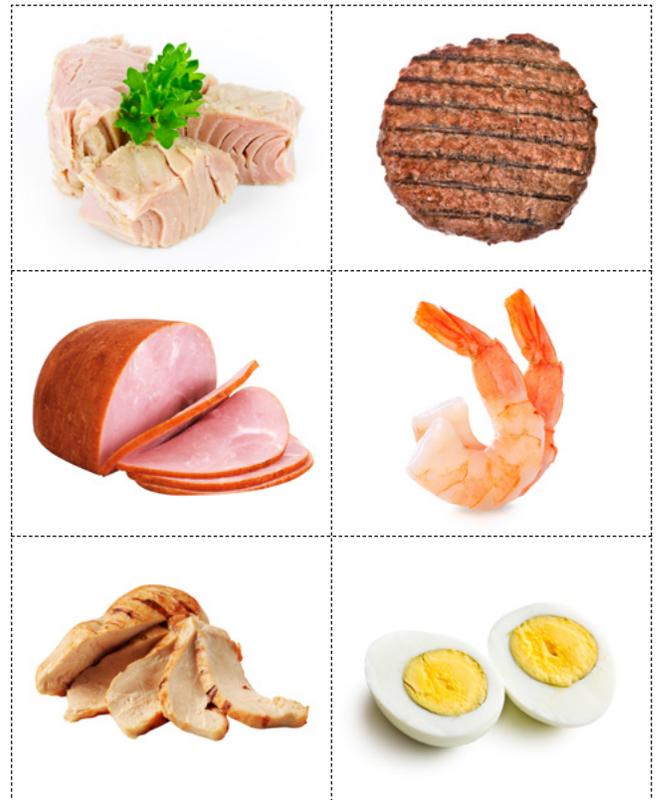
“Great answers!”

Invite the children to hold up their arms and make a fist to show their arm muscles while encouraging the kids to make different poses to show off their muscles.

Optional: Show the large plastic building blocks.

“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 parts of your body. Body parts like muscles, bones, and skin. When you eat protein foods, you get enough protein building blocks to help your body grow. Your body is growing every day, so it is good to eat foods from the Protein Foods Group every day.”

“Now that we know about having strong muscles, should we play a game and watch you use them?”



PHYSICAL ACTIVITY: THE GOOD EGG TOSS GAME

You will need:

- Plastic eggs
- Plastic Scoops (2-6)

EXPLAIN THE GAME

Have children team up in groups of two. Children will toss an egg back and forth 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. Toss the egg lightly in air. Do so as many times as the child can without dropping it. Count out loud as the egg is tossed. Give each child a turn. Depending on the class size, have multiple students tossing at the same time.

HEALTHY SNACK

NOTE ABOUT FOOD ALLERGIES: Check with teachers and 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.

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

BOILED EGG BOATS



Ingredients

- Eggs
- Sliced cheese - cheddar and/or Swiss
- Pretzel sticks

Instructions

1. Hard boil the eggs.
2. When cool, carefully peel the eggs.
3. Cut the eggs in half.
4. Cut cheese slices into a triangle shape.
5. Carefully push pretzel sticks through the cheese.
6. Push a pretzel stick into the egg.

When teaching the lesson you may want to give each child half an egg, pretzel stick and a triangle of cheese. Each child can build their own boat.

Recipe and photo used with permission from Share and Remember at <https://www.thingstoshareandremember.com/egg-boat-snacks/>

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.
4. Eat!

WHILE ENJOYING THE SNACK REVIEW THE LESSON

While enjoying the snack, review the lesson. You will need copies of the animal and plant proteins cards (and the paper bags or basket labeled plant-based and animal-based, if using, to place cards in). Set aside the four cards you have already shown the children.

Ask children:

“Remember how foods in the MyPlate Protein Foods 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 animal-based and plant-based foods like seeds, peanut butter, turkey, etc. included in this lesson. Have kids guess where each food belongs. Optional: Place photos in the correct bag.

Optional: Ask for a volunteer to come forward.

“Foods in the Protein Foods 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!”