



Protein Group

Kindergarten - 1st Grade Lesson Plan

Goal: Recognize food in the Protein group as part of a healthy diet.

Objectives:

1. Students will state that food in the Protein group provides protein to help the body grow and heal.
2. Students will name one meat (animal) and one non-meat (plant) food in the Protein group.

Materials Needed

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|--------------------------------------------------------------------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> MyPlate Poster | <input type="checkbox"/> Lego or Lincoln log building |
| <input type="checkbox"/> Construction hat or yellow stress helmet and a can of beans | <input type="checkbox"/> Meat & Beans cards for Freddy Freans poem |
| <input type="checkbox"/> Plant/Animal signs and Meat & Beans pictures for activity | <input type="checkbox"/> Protein group poster |
| <input type="checkbox"/> Bob the Builder poster | <input type="checkbox"/> Reasons to Eat Protein posters |
| | <input type="checkbox"/> 5 Food Group Posters |

Lesson	
Talking Points	Materials/Activities/Notes
<p>Review</p> <ul style="list-style-type: none"> • Who remembers what we talked about last time I was here? (Dairy group) Who remembers the challenge I gave you last time I was here? (Choose low fat milk more often and drink more white milk, rather than chocolate or strawberry, in the cafeteria at lunch. • Who can tell me what kind of milk they drank yesterday in the cafeteria? Raise your hand if you are planning on drinking white milk today at lunch. • We also talked about three important things we can do to keep our bodies healthy. Does anybody remember one of them? <ul style="list-style-type: none"> • Eat a variety of foods from the five healthy food groups • Be active every day – 60 minutes • Wash your hands and food <p>For Kindergarten: Remember this year we are learning about the five healthy food groups when we are together. <i>Remind the kids we sort all the food in the world into 1 of the 5 food groups by how they are alike. (Just like we can sort by color or shape.) The foods are sorted by how they are alike by what they do for our body to keep it healthy.</i></p> <p>Let's review the food groups! Repeat after me. (I hold up the food group posters during the chant.)</p> <ul style="list-style-type: none"> • "When I eat, foods from, the Grains group, I give my body, ENERGY (move arms like running) to grow, learn, and move." • "When I eat, foods from, the Dairy group, I give my body, CALCIUM, to build strong bones and teeth." (point to your femur bone and your teeth) 	<p>For Chant: Use the 5 food group posters.</p>

- “When I eat, foods from, the Vegetable group, I give my body, VITAMINS and MINERALS.” (make a V and an M with your arms.)
- “When I eat, foods from, the Fruit group, I give my body, MORE VITAMINS and MINERALS.” (make a V and an M with your arms.) *no repeating...* Now the Vegetable group and the Fruit group are very much alike because they both give our bodies Vitamins and Minerals but they are sorted differently because the Fruits are sweet and the vegetables are not.
- “When I eat, foods from, the Protein group, I give my body, PROTEIN, to build and keep my body strong.” (Make strong arm muscles)

Mind Grabber

Lead with a Construction theme:

- What kind of things do construction workers or builders wear? Or reference Bob the Builder...What does Bob the Builder do? (he builds) What does he wear? (a construction hat and a tool belt)
- Today we are going to learn how to be builders too! But we are going to be building our bodies not buildings. I brought in a house today made out of Legos (or Lincoln logs). I used Legos to make this house, so we could say that the Legos are the building blocks of the house.
If Bob the Builder built a house it would be made of bricks, wood or stone and brick, wood, or stone would be the building blocks of that house. Well, our bodies are also made from small building blocks. These blocks are called proteins.

OR

Lead with a Growing theme:

- Can start with the book “I’m Growing” by Aliko and lead into the Growing Energizer. Or, just start with the Growing Energizer
- **Growing Energizer:** With your hands, show me how tall you were when you were a baby. Ok, everybody stand up on your square. Wow, look how much you grew. Let’s grow together. Squat down on the floor to about the size you were when you were a baby. When I say the name of a food from the protein food group pretend to eat it and grow up just *a little bit* until I say another protein food group food. If the food I name is not in the protein food group you don’t grow, stay where you are. If you try to grow on a food I name that is not in the protein food group you will have to start from your baby height again. When you are as tall as you can stand, reach your arms and stand on your tiptoes to grow more. Are you ready? Let’s grow. (Adapted from Adventures in Nutrition curriculum)

- Put on a construction hat, and tell the students that today we will learn to be builders.
- Show the Bob the Builder poster.
- You can also put the yellow stress helmet on top of a can of beans.

Show the students your house made of legos or Lincoln logs.

Write the word PROTEIN on the board our point to it on your Protein food group poster.

Discussion

- Today we are talking about the purple area on the MyPlate poster, the Protein Group. The Protein group is sometimes called the Meat & Beans group because meat and beans have a lot of protein in them for our bodies so they are sorted together in this food group.
- Listen to a poem about my friend Freddy Ferdinand Freans

Show and/or hang up the MyPlate poster.

Hang up or hold up the Protein group poster.

Read poem and show pictures to

Freddy Ferdinand Freans by Becky Posada

Fifteen year old Freddy Ferdinand Freans
Loves to eat his Meat and Beans.
His Favorite are roast beef, pork chops and ham
Followed by turkey, smoked salmon and lamb.

For breakfast, he chooses bacon and eggs,
At lunch he prefers meatloaf and chicken legs.
But dinner's his favorite meal of them all-
His plate topped with grilled tuna and a single meat ball.

At all his meals towards meat he leans;
But the oddest thing about Freddy Freans
Is that for dessert he only eats beans.

On Sunday and Monday to me it seems,
He always chooses pinto beans.
Tuesday it's lentils, Wednesday chickpeas,
On Thursday he inhales black beans with ease.
On Friday tofu with lima beans
Is the dessert of choice for Freddy Freans.

But on Saturday Freddy finally takes a reprieve
After a week of eating all that protein,
And instead he gathers all of his friends, shows off his muscles-
That's how his week ends!

- What does Freddy eat at his meals? (meat) Where does meat come from?
 - It comes from animals like cows, pigs, fish, chicken, turkeys...
- What does Freddy eat for dessert? (beans) Where do beans come from?
 - They come from plants.
- Foods in the Protein group come from both plants and animals.
- Let me show you some pictures of foods in this important food group. Get your thumbs ready, if you like the food, thumbs up, if you don't care for the food, thumbs down and if you have never tried the food thumb in the middle. No calling out "yuck" or "yummy".
- Lots of people know that our muscles are made of protein. But, believe it or not, our skin, hair, eyes and body organs, such as the heart, are all made from protein. Our WHOLE body is made from protein. If we are made up of so much protein, it must be pretty important!

Importance of the Protein Food Group:

We need protein for three different reasons:

1. **Growing:** Protein helps us to grow. Eating foods from the Protein group gives you the protein you need to get bigger. Does any one have a baby brother or sister? Remember how much bigger you are now in comparison to your baby sibling? What happened? You grew!
2. **Healing:** Protein helps us to heal. If we get cut, we need protein in order

illustrate each food Freddy eats using Protein group pictures.

Using picture cards or food models show the students the different types of foods in the Protein food group and highlight where they come from, animal or plant.

Show "Reasons to Eat Protein" posters as you discuss each point.

Optional Energizer: Have students squat on floor, pretend to eat foods from the Protein group and grow (reach/stretch up to the sky).

Make a hole in/tear apart a portion of your Lego building. Show the students

to heal. Our bodies heal by adding protein blocks to the cut. Just like a construction crew builds and repairs buildings, protein does the same thing for us.

3. **Feeling Full:** Eating foods from the Protein group also helps us to feel full (satisfied). Foods from the Protein group take our tummies long to digest so we do not get hungry soon after eating them.

Choosing Foods from the Protein Group:

- It is important to eat foods from the Protein group several times each day. And, it is a good idea to choose many different foods from this group. In our poem, Freddy didn't just eat hamburgers all day long. He sometimes ate chicken, sometimes fish, sometimes eggs, sometimes pinto beans, sometimes lentils and sometimes tofu (made from soy beans).
- Can anybody tell me what foods from the Protein group Freddy wasn't eating? (nuts and seeds) Nuts and seeds, like beans, come from plants and they do give your body some good protein. Raise your hand if you have ever tried sunflower seeds. They are in the Protein group! So are roasted pumpkin seeds!

Activity/Game

Now, let's play a game to learn more about the foods in the Protein group. The game is called **Plant or Animal??**

that it needs a repair and then fix it by adding a block.

Have students rub their tummies and smile!

You can ask this question to reinforce nut and seeds since they aren't covered much in this lesson.

Game described in activity section of lesson.

Wrap-Up

- Remember that foods in the Protein group give your body protein, which helps you to grow, heal and feel full (satisfied). Remember that your body is made of protein just like the Lego building was made of little blocks.

If time, Read a book (See books section)

Challenge

- My challenge for you this week is to find all the Protein foods that you have in your home.

Ask them to be prepared to tell you one food they ate that comes from an animal and one food they ate that comes from a plant when you come back for the next lesson.

Taste Test Ideas

- Hummus or bean dip with pita bread or chips or carrots and celery sticks
- Bean and corn salsa with whole grain tortilla chips (Made with black beans, frozen or canned corn, salsa and cilantro)
- Sunflower or pumpkin seeds OR sunflower butter served on whole grain crackers or with vegetables (carrot and celery sticks)
- Soy nuts
- Tofu smoothies
- Construction activity/tasting: Using some type of hummus or bean dip or even sunflower butter with crackers and maybe a few veggies like carrots and celery to build a building or a creature. Take picture and eat.

Additional Activities

1. **Plant or Animal:** Put the plant and animal posters where all the students can see them. Have each child come to the front of the class and give them a food picture. Have the student tell the

class what the food is and then place it with the plant or animal poster.

2. Jumping Beans Energizer: Jump to the right, stomping twice with feet while raising hands high and clapping twice. Shift to the left, repeating the same actions. Repeat, going from right to left and back again 10 times, going as fast as feasible. Optional: the leader can shout out the name of a bean before each clapping time. Continue exercise until 10 kinds of beans are named. (From Kids in the Kitchen curriculum)

Books

- *I'm Growing* by Alik
- *The Meat and Beans Group* by Mari C. Schuh

Student Handouts

- Color MyPlate with Protein coloring page
- Introducing the Protein Friends on MyPlate
- Protein Builds a Body coloring page
- Find the Hidden Peanuts
- Protein Group Foods Build a Strong Body
- Peanut Connect the Alphabet Dots
- Find the Peanut Maze

Parent Handouts

- With Protein Food Variety is Key- 10 tips (Eng/Span)
- Wellness Ways—Go Lean with Protein (Eng/Span)
- The Meat & Bean Group Foods: Go Lean with Protein (Eng/Span)
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Lesson Roadmap

- Review
 - Ask how they kids are doing with the drink more white milk challenge
 - Three things you can do to take care of your body
- Mind Grabber
 - Talk of what construction workers and/or Bob the Builder does—build things. Or, read *I'm Growing* book by Alik followed by Growing game.
- Discussion
 - Introduce Protein group foods---lead with Freddy Ferdinand Feans Poem
 - Protein foods come from plants and animals—show students pictures
 - Why we need protein to keep our bodies healthy
- Activity—Plant or Animal game
- Wrap-up
- Challenge
- Taste-test



Public Health

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