

Today in

NUTRITION CLASS

Your child learned about...

Protein

Make it
Eat it!
Love it!

- **Protein Group Foods** come from animals (chicken, beef, pork, eggs, turkey, fish) and plants (black beans, pinto beans, soy beans, nuts, and seeds).
- Protein group foods contain proteins, the **building blocks of our bodies**. Our hair, skin, nails, muscles—the whole body—is put together with thousands of different proteins! We need protein for **growing, healing, and feeling full**.
- Some protein foods, like meat, can have a lot of extra fat that is not good for a healthy heart. Choose **lean meats** (lean=low in fat) such as chicken, fish, and tenderloin cuts of beef and pork. **Bake, grill, or broil** your meats most of the time.
- Some protein foods, like beans, are naturally lean and are always a heart healthy choice.
- Other protein foods, like nuts and seeds, contain the type of fat that helps the heart stay healthy. Enjoy in small amount because nuts are rich in calories.

Delicious Black Bean Burritos

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|---------------------------------------|---|
| 2 10-inch whole wheat flour tortillas | 1 15-oz can black beans, rinsed and drained |
| 2 Tbsp vegetable oil | 1 tsp minced jalapeno peppers |
| 1 small onion | 3 oz fat-free cream cheese |
| ½ red bell pepper, chopped | 2 Tbsp chopped fresh cilantro |
| 1 tsp minced garlic | |
1. Wrap tortillas in foil and place in oven heated to 350 degrees F. Bake for 15 minutes or until heated through.
 2. Heat oil in a skillet over medium heat. Place onion, bell pepper, garlic and jalapenos in skillet, cook for 2 minutes, stirring occasionally. Pour beans into skillet, cook 3 minutes stirring.
 3. Cut cream cheese into cubes and add to skillet. Cook for 2 minutes stirring occasionally. Turn off heat and stir cilantro into mixture.
 4. Spoon mixture evenly down center of warmed tortilla and roll tortillas up. Top with salsa and serve immediately.

Recipe adapted from:
<http://allrecipes.com/recipe/delicious-black-bean-burritos/>

Family CHALLENGE

Eat a variety of protein group foods from both plants and animals.

If you usually eat a lot of beef, try baked chicken or fish once or twice a week. Use beans in place of meat in a recipe—like black bean tacos instead of beef tacos.

Write your own challenge: _____



Get your GROOVE On

To help build strong muscles, do a rotation of 15 jumping jacks followed by 15 push-ups, 15 sit-ups, and 15 seconds of running in place. Repeat the rotation 3 times!

LEARN more here

- **Learn about Proteins:** www.kidshealth.org/kid/nutrition/food/protein.html
- **Protein Foods:** <http://www.choosemyplate.gov/food-groups/protein-foods.html>
- **Benefits of Protein:** <http://men.webmd.com/features/benefits-protein>