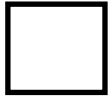△ Draw a triangle around the protein foods that come from plants.
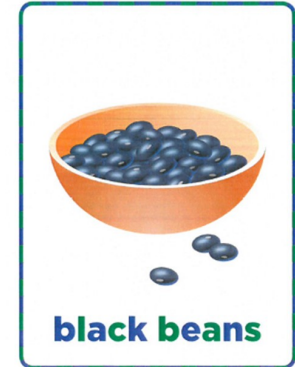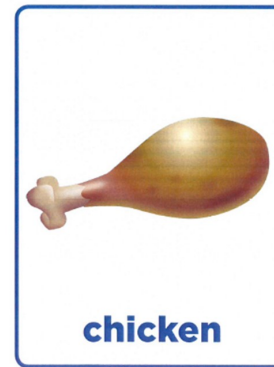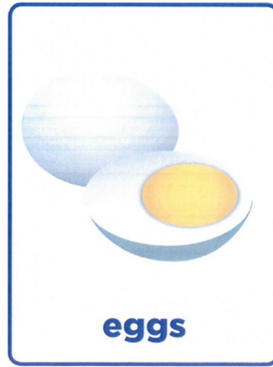
☐ Draw a square around the protein foods that come from animals.

tuna fish

beans

peanut butter

ham

shrimp

hamburger

eggs

chicken

black beans

How many **plant** protein foods are there? _____

How many **animal** protein foods are there? _____

Are there more protein foods from **plants or animals**? _____ How many more? _____

How many protein foods are there **total**? _____

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Protein

Why does your body need protein?

My body needs protein to _____ and _____.

Where do protein foods come from?

Protein foods come from _____ and _____.

What is your favorite food from the protein group?

My favorite protein food is _____.

Why is that your favorite protein food?

_____ is my favorite protein food because _____

_____.