



## Lesson 6: Protein Group: How Lean is Your Protein?

### PREPARATION OUTLINE

#### Objectives

1. Understand that foods in the Protein Group are necessary for muscle growth.
2. Identify how much protein food is needed daily for good health of 9 year old youth.
3. Identify a meat protein and a plant protein food.
4. Understand that physical activity is a component of good health and muscle growth.
5. Identify and discuss strategies for lowering sodium consumption in protein foods.

#### Equipment

- Plastic gloves + small for students
- Anti-Bacterial wipes
- Dish soap
- Dish sponges
- Butcher paper (table cover)
- Cutting board
- Plastic knife
- Sharp knife
- 2 ounce soufflé cups; or 4 oz. parfait cups
- Paper boats or small paper plates
- Tablespoons or 5 tsp for seeds
- 8-10 slice apple wedger
- Serving spoon for yogurt
- Food storage cooler

#### Food Supplies (for 1 class of 25)

##### *Plant-based protein (see recipe)*

- 25 tablespoons Hummus (see Recipe at end of lesson)
- 3 Pita bread
- 1 English Cucumber

##### *If last lesson in series:*

##### *Almost-A-MyPlate Parfait:*

- 3 medium apples
- 5-6 medium-large bananas (cut crosswise so 4-5 slices/student)
- 1 box of nugget cereal
- 1-2 quart low-fat vanilla yogurt
- 1 jar of sunflower seeds (roasted, unsalted)

#### Handouts and Teaching Supplies

- Teaching Outline
- MyPlate poster
- Educator Classroom Folder
- Variety of Protein food models, plant/animal
- Parent Newsletter
- Parent Newsletter Evaluations

##### *If offering this is next-to-last lesson:*

- Paper food models for “source” game
- 4 ounce bag corn chips for fat demo.
- Brown paper lunch bag
- Stack of colored paper to fit bottom of bag
- Protein Word Search Worksheets (E/S)
- Fat Model (3D or photo in file)

##### *If this is the last lesson in your series include Teacher Packet:*

- Post Assessments
- Student Certificates and food group stickers
- MyPlate BINGO Game

#### Educator’s Notes:

**Tasting.** If purchasing roasted seeds, read the label to assess if they were manufactured in a peanut-and nut-free environment. If not, allergies may be an issue. If so, then purchase raw, unsalted seeds and toast them without oil, or use a small amount of canola oil brushed across the pan. Roast at 350 degrees for 15-20 minutes, stirring occasionally to prevent scorching. An electric frying pan can also be used, but the seeds need to be watched closely and stirred constantly once toasting begins.

- **MyPlate/Velcro food models.** Used for Daily Servings Demonstration.