Lesson 6: Protein Power

Lesson 6: Protein Power | Keep Your Protein Lean | 96
---|---|---
Lesson Preview | 97
Background Information | 98
Reading Activity | 99
Music, Poetry & Finger Play Activity | Peanut Butter & Jelly (song) | 100
Physical Activity | Musical Chairs | 101
Exploratory Activity | Meat, Fish, Beans, Nuts and Seeds Where Do Meat, Fish, Beans, Nuts and Seeds Come From? | 102-104
Craft Activity | Planting Magic Beans | 105
Coloring Activity | 106
Snack Activity | Peanut Butter Tortilla Snack | 107
Quiz | 108
Parent Handout | 109
Parent Handout (Spanish) | 110
Lesson 6: Protein Power

Lesson Preview

Summary
Reading the featured book begins the session on meat, nuts and beans. Participants will learn that foods in this group are an important source of B vitamins, protein and minerals that are essential for body growth and maintenance. They will learn to choose protein foods that are low in fat.

Objectives
Children and parents will:

- Learn that meat, fish, nuts and beans contain protein, vitamins and minerals.
- Know that it’s important to eat lean meat and prepare beans without added fat.
- Know they should be physically active every day.

Lesson Message
Keep your protein lean
Lesson 6: Protein Power

Background Information

- This information is for the instructor’s benefit - may be shared informally with group participants.

The meat and beans group includes fish, poultry, beef, pork, beans, eggs, nuts and tofu. The major nutrients found in these foods are protein, B vitamins (niacin, thiamin, and B12), minerals (iron and zinc) and fat. Protein is the primary structural substance of the body. It is contained in all foods, not only animal products. Protein is needed for growth and maintenance of body tissues. B vitamins are involved in the metabolism of all foods and the growth of children. Digestible vitamin B12 is only found in milk, meat, eggs and fish. It is essential for the formation of red blood cells (helps prevent anemia). Iron carries oxygen in red blood cells and muscle cells. Vegans (those who eat NO animal products) need to take vitamin B12 supplements. Zinc supports the body’s immune system and helps wounds heal.

Animal protein contains cholesterol and saturated fat which can cause heart disease and cancer. Heart disease begins in childhood and is not easy to reverse. Plant food contains no cholesterol and is low in saturated fat (except palm and coconut oils). There is no biological requirement for saturated fat.

To lower fat intake:

- Choose lean cuts of meat
- Remove skin on poultry and fish
- Read food labels
- Broil or cook without added fat (use stock or oil spray)
- Trim all excess fat from meat
- Drain off any fat that comes from cooking
- Prepare beans without fat
- Eat more plant protein

Iron rich foods are essential to avoid iron deficiency anemia, which is a risk for some preschoolers.

**Iron rich foods:**

- Lean red meat
- Pinto, navy and kidney beans
- Whole grain breads
- Dried fruit
- Dark green leafy vegetables—kale, collards, mustard, spinach and turnip greens.
Lesson 6: Protein Power

Reading Activity

Read Aloud Story Time

Refer to “Story Time Tips” (see Appendix).

Tip To Teach

Meat, fish, beans, nuts and seeds contain protein, vitamins and minerals. Meat and poultry have saturated fat, cholesterol and NO healthy fiber. Plant protein has vitamins, minerals, phytochemicals AND healthy fiber.

For Preschool—Kindergarten:

*Jack and the Beanstalk / Juan y los frijoles mágicos*, by Arnal Ballester (ISBN: 0811818438)

Sample questions to engage children and introduce lesson topic:

1. Have you ever heard this story?
2. What do you remember about the story?
3. Where do you think Jack is going (on the cover)?

For Grades 1-3:


Sample questions to engage children and introduce lesson topic:

1. Why are the party things disappearing?
2. What do you think the mice are going to do with the party things?
3. Does Rosa Maria still think there is no room for mice?
Lesson 6: Protein Power

Music, Poetry and Finger Play Activity

**Peanut Butter & Jelly** (song)

First you take the peanuts
And you crunch 'em,
You crunch 'em
First you take the peanuts
And you crunch 'em,
You crunch 'em

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take the grapes
And you squish 'em,
You squish 'em
Then you take the grapes
And you squish 'em,
You squish 'em

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take the bread
And you spread it,
You spread it
Then you take the bread
And you spread it,
You spread it

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take your sandwich
And you eat it,
You eat it
Then you take your sandwich
And you eat it,
You eat it

'Cause its good, peanut butter
And jelly
Good, peanut butter
And jelly

First you take the peanuts
And you crunch 'em,
Then you take the grapes
And you squish 'em,
Then you take the bread
And you spread it,
Then you take your sandwich
And you eat it

'Cause its good, peanut butter
And jelly
Good, peanut butter
And jelly!
Lesson 6: Protein Power

Physical Activity

Musical Chairs

Supplies:
- CD or tape player with children’s music
- Use one of the following: (one for each player—minus 1)
  chairs
  cushions
  small pillows

Directions:
Make a circle of enough chairs for all the players less one.
The children dance and move about as the music plays, and when
it stops they scramble for a chair.
After each round, the player that did not find a chair must sit out.
A chair is removed until finally there is just one left.
Children who are “out” can take turns helping with the music.

Tip To Teach
Get up from the TV or computer screen!
Have a jump rope contest and see who can
jump the longest. Everyone is a winner
when they exercise!
Lesson 6: Protein Power

Exploratory Activity

Meat, Fish, Beans, Nuts and Seeds

Supplies:
- MyPyramid poster or handout, (available from MyPyramid.gov, or in Appendix)

Directions:
Show parents and children the MyPyramid poster or handout.

Say:
- Where is the Meat and Beans group on the pyramid?
- Ask them to name the foods pictured in that group.
- Tell them it's important to eat lean meat, chicken, turkey and fish. Bake it, broil it, grill it, just don't fry it!
- Protein is found in most foods, not just meat. Meat has a lot of fat, cholesterol and no healthy fiber, so it is important not to eat too much meat. Beans, nuts, and seeds have a lot of protein, healthy fiber and healthy fat. So it is good to eat lots of them. Eat them without added fat!
- Protein is important to eat every day because your body cells wear out and your body needs protein to fix and make new cells.
- Protein builds strong muscles and teeth. You need exercise and protein to build strong muscles. If you eat a lot of protein, but don’t exercise, you would just get fat—not build muscles.

Where Do Meat, Fish, Beans, Nuts and Seeds Come From?

Supplies:
- Meat and beans food models (see the Appendix) or pictures cut from magazines
- Animal and plant protein signs (see following pages)
- Tape

Directions:
- Tape the animal and plant protein signs on a wall or white board.
- Pass out several animal and plant food models to each family; ask them to sort the animal and plant proteins. Have them tape them under the appropriate sign.
- Ask the whole group to check if each protein food is under the correct sign.
Plant Protein
Lesson 6: Protein Power

Exploratory Activity

Animal Protein
Planting Magic Beans

Supplies:
- dried lima beans
- paper towels
- plastic sandwich bags
- small plastic cups
- soil
- marker
- plastic scoop (for soil)
- masking tape
- damp paper towels

Directions:
1. Invite families to plant the beans two different ways to see if a beanstalk will grow: first in a cup with soil, the second wrapped in paper in a plastic bag.
2. Provide families with a plastic cup. Instruct them to fill their cups halfway with soil. Place two lima beans in the soil. Cover with more soil. Add water. Write child’s name on a piece of masking tape and attach to the cups. Place the cups in a plastic baggie to prevent them from spilling on the way home.
3. Next, provide each family with a plastic sandwich bag, a damp paper towel and two lima beans. Ask children to carefully wrap their lima beans in the damp paper towel and then place them into the plastic bags. Label each bag with their names. Instruct families to place the cups in a sunny location and water when soil is dry. They can tape the baggie to their window and keep moist.
4. Ask families to observe the growth of their beans over the next few weeks.
Lesson 6: Protein Power

Coloring Activity
Lesson 6: Protein Power

Snack Activity

Peanut Butter Tortilla Snack

Check for food allergies.
Before eating or handling food, have children wash their hands with soap and water.

Ingredients (per person):
- 1 whole wheat tortilla
- 2 tablespoons peanut butter
- 1 tablespoon honey
- 1 banana
- 2 tablespoons raisins

Directions:
1. Lay tortilla flat.
2. Spread peanut butter and honey on tortilla.
3. Place banana in the middle and sprinkle in the raisins.
4. Wrap and serve.

Recipe contains:
15 grams of protein
11 grams of fiber
Lesson 6: Protein Power

Quiz

Circle the correct answer:

1. Which foods are from the protein group?
   - Fish
   - Beans
   - Peanut
   - All of them

2. Before today, did you know which of these foods were protein?
   - No
   - Yes

3. How can you make your meat and beans lean?
   - Fry them in oil
   - Bake it, boil it, or broil it
   - Add a little butter

4. Before today, did you know how to make your meat and beans lean?
   - No
   - Yes
Lesson 6: Protein Power

Parent Handout

KEEP YOUR PROTEIN LEAN
Meat, Fish, Beans, Nuts and Seeds

Children need protein to grow and build muscle. Foods in this group have vitamin B-complex and iron, which helps build strong bones, and muscles.

CUT THE FAT

• Choose lean cuts of meat
• Take off the skin on chicken and fish
• Read food labels
• Broil or cook without added fat (use broth or oil spray)
• Cut off all extra fat from meat
• Drain off any fat that comes from cooking
• Make beans without added fat
• Eat more plant protein

UNFRIED BEANS RECIPE
A tasty, low-fat way to make beans!

INGREDIENTS:
• 1 pound dry pinto beans, rinsed
• 2 tablespoons minced garlic, divided
• 1 medium tomato, diced
• 2 tablespoons ground cumin
• 1 tablespoon chili powder
• 2 tablespoons olive oil
• lightly salt to taste

DIRECTIONS:
Put beans in a pot, cover with water and soak overnight. Drain and rinse beans. Cover the beans with 2 inches of water, and stir in 1 tablespoon of garlic, the tomato, cumin and chili powder. Bring to a boil over high heat, then reduce heat to low, and simmer until the beans are very soft, about 3 hours and 45 minutes, adding water as needed. Once the beans have cooked, mash them with the remaining tablespoon of garlic, the oil, and lightly salt to taste. Use more water if needed. Place over low heat for 30 minutes, stir. Use as a dip or on burritos.
Los niños necesitan proteínas para crecer y fortalecer sus músculos. Los alimentos de este grupo tienen Complejo de vitamina B y hierro, los cuales ayudan a construir huesos, dientes y músculos fuertes.

Reduzca las grasas
- Seleccione pocos niveles de carne
- Quitele la piel al pollo y al pescado
- Lea la etiqueta de en los alimentos
- Ase o cocine sin agregar grasa (utilice solo el caldo o aceite en spray)
- Quite toda la grasa extra en la carne
- Haga frijoles sin agregarles grasa
- Coma más alimentos de origen vegetal que tengan proteína

La proteína de origen animal (carne, pescado, huevos y leche) no tiene fibra. Su niño necesita fibra para estar saludable. Los frijoles, nueces, semillas, chícharos y el tófu tienen proteínas y fibra.

RECETA DE FRIJOLES SIN FREIR
Una forma sabrosa, baja en grasa de cocinar frijoles beans!

INGREDIENTES:
1 libra de frijoles secos pintos, enjuagados
2 cucharadas de ajo partido en pedacitos
1 medio tomate cortado en pedazos
2 cucharadas de comino entero
1 cucharada de chile en polvo
2 cucharadas de aceite de olivo
sal al gusto

INSTRUCCIONES:
Ponga los frijoles en una olla, cúbralos con agua y remójelos toda la noche. Enjuague y escurra los frijoles. Cubra los frijoles con 2 pulgadas de agua y revuélvalos una cucharadita de ajo, el tomate, el comino, y el chile en polvo. Póngalos a hervir a temperatura alta, después reduzca el calor a temperatura baja y déjelos hervir hasta que estén muy suaves, cerca de 3 horas y 45 minutos, agregándoles más agua según lo necesiten. Una vez que los frijoles estén cocinados, macháquelos y agregue el ajo restando, el aceite, y la sal al gusto. Use más agua si lo requieren. Póngalos a fuego lento por 30 minutos, revuélvalos. Utilicelos como salsa o dip o para hacer burritos.