POWER UP WITH PROTEIN

PROTEIN IS NEEDED FOR GROWTH, DEVELOPMENT, BUILDING AND REPAIR OF BODY CELLS AND TISSUES. KEY NUTRIENTS SUCH AS IRON, ZINC AND VITAMIN B12 ARE FOUND IN THE PROTEIN GROUP.

IRON

ZINC

VITAMIN B12

FIND THE PROTEIN

Can you sort the PROTEIN PHOTO CARDS into plant and animal sources?

How much do you know about protein?

Answer the questions in the PROTEIN PURSUIT trivia game on the table.

More on Building a Strong You

Physical activity and a healthy diet are both needed for a healthy heart, strong muscles and sturdy bones. Check out the “Mix up Your Movement” chart on your activity sheet for ideas.
POWER UP WITH PROTEIN

HERE'S WHAT TO DO AT THIS STATION:

1. Identify the importance of protein in the daily diet.
   - Protein is needed for growth, development, building and repair of body cells and tissues.
   - Protein foods also include other key nutrients such as iron, zinc and vitamin B12.

2. Explain why the protein group is named after a nutrient, not a food like the other food groups. That is because there are many different foods from both animal and plant sources that supply protein to our bodies. This group was once called the “meat” group, but we now understand that many plant-based foods also supply the protein and other key nutrients contained in meat, fish and poultry.

3. Pair up with a partner and test your knowledge of protein by playing the “Protein Pursuit” game on the table.

4. Complete the “Power up with Protein” activity sheet. You will also notice there is a section on physical activity included on this sheet. That’s because both physical activity and a healthy diet with adequate protein are needed for a healthy heart, strong muscles and sturdy bones.

5. At home, complete The Protein Scene worksheet. Consider making the easy lentil chili recipe for your family!
1. On the back of each protein photo card, you will see a nutrition facts label. Use the labels to answer the questions below.
   a. Rank the following foods from the most to the least amount of protein per serving.
      ___Peanut Butter ___White Fish ___Turkey
      ___Kidney Beans ___Roast Beef
   b. When you compare one serving of salmon, peanuts and lean hamburger, you will see that ____________ has the most iron per serving.
   c. Legumes such as kidney beans and lentils are unique because they are a good source of protein and also a good source of ____________, a nutrient which is also commonly found in whole grains.

2. Circle the following foods that are included in the protein group. Beside each food you circle, mark an “A” for animal food or a “P” for plant food.
   Steak  Chicken  Sunflower seeds
   Butter  Peanut Butter  Broccoli
   Salmon  Cupcake  Eggs
   Lentils  Banana  Corn

3. The list below includes action steps for fitting in more physical activity. Check one or more that you would be willing to work on. You can also come up with your own action step. Check out the “Mix up your Movement” worksheet for more ideas.
   - Walk an extra 15 minutes at least three times this week.
   - Ride your bike with friends or family for 30 minutes.
   - Do sit-ups and push-ups for at least 10 minutes on two different days this week.
   - When watching your favorite TV shows, stretch during the commercials this week.
   - Your own action step (describe):
POWER UP WITH PROTEIN

PROTEIN FACTS

• The protein group is the only group in MyPlate that is named after a specific nutrient instead of a food. That is because there are many different foods from both animal and plant sources that supply protein to our bodies.

• Protein is needed for growth, development, building and repair of body cells and tissues. Protein foods also include other key nutrients such as iron, zinc and vitamin B12.

• Most kids and teens between the ages of 10-14 require around five to seven ounce equivalents of protein foods each day.

• Protein alone will not build muscles. Physical activity works with the foods you eat to build a strong heart, strong muscles and sturdy bones. Refer to the "Mix up Your Movement" worksheet for more ideas.

1. On the back of each protein photo card, you will see a nutrition facts label. Use the labels to answer the questions below.

   a. Rank the following foods from the most to the least amount of protein per serving.

   5. Peanut Butter  3. White Fish  1. Turkey


   b. When you compare one serving of salmon, peanuts and lean hamburger, you will see that lean hamburger has the most iron per serving.

   c. Legumes such as kidney beans and lentils are unique because they are a good source of protein and also a good source of fiber, a nutrient which is also commonly found in whole grains.

2. Circle the following foods that are included in the protein group. Beside each food you circle, mark an “A” for animal food or a “P” for plant food.

   A. Steak  A. Chicken  P. Sunflower seeds

   A. Butter  P. Peanut Butter  A. Eggs

   A. Salmon  A. Cupcake  P. Lentils

   A. Broccoli  A. Banana  A. Corn

3. The list below includes action steps for fitting in more physical activity. Check one or more that you would be willing to work on. You can also come up with your own action step. Check out the “Mix up your Movement” worksheet for more ideas.

   ○ Walk an extra 15 minutes at least three times this week.

   ○ Ride your bike with friends or family for 30 minutes.

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   ○ When watching your favorite TV shows, stretch during the commercials this week.

   ○ Your own action step (describe):
THE PROTEIN SCENE

NAME: ____________________________

ACROSS
1. Some kids like them scrambled.
3. Shown as a blue circle on MyPlate, this food group is also high in protein.
4. Grind this nut into butter for a popular sandwich filling.
6. Lean meats and chicken without skin are low in ________.
9. For good health, eat four to six ounces, or about two to three ________ of protein-rich foods each day.

DOWN
2. Foods from the protein group help to build a ________ body.
4. A nutrient that provides the building blocks for growth.
5. Also known as legumes, you can find these in burritos.
7. A protein food that lives in the water.
8. Get bigger.

EASY LENTIL CHILI

This recipe can be served as a thick, hearty soup, as a filling for tortillas or as a topping for baked potatoes.

INGREDIENTS
1 pound lentils, rinsed
5 cups water
1 can tomato sauce (15 oz.)
½ cup chopped onion
3 teaspoons chili powder
½ teaspoon salt (optional)
1 cup grated cheddar cheese

DIRECTIONS
Combine lentils and water in a large pan. Place on the stove and bring to a boil. Turn the heat down, cover with a lid and simmer for 30 minutes. Add tomato sauce, onion, chili powder and salt. Simmer for 30 minutes more. Top each serving bowl with 2 tablespoons of grated cheddar cheese.

Makes 6–8 servings

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3. Shown as a blue circle on MyPlate, this food group is also high in protein.

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ACROSS

1. EGGS

2. STRONG

3. DAIRY

4. PROTEIN

5. BEANS

6. FAT

7. FISH

8. GROW

9. SERVINGS

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WORD LIST: ACROSS: 1. EGGS, 3. DAIRY, 4. PEANUT, 6. FAT, 9. SERVINGS; DOWN: 2. STRONG, 5. BEANS, 7. FISH, 8. GROW

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Makes 6–8 servings
MIX UP YOUR MOVEMENT!
AIM FOR A TOTAL OF 60 MINUTES OF PHYSICAL ACTIVITY EACH DAY.

<table>
<thead>
<tr>
<th>TO HELP YOU:</th>
<th>PICK ACTIVITIES THAT:</th>
<th>EXAMPLES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Strengthen your heart (and also improve your endurance)</td>
<td>Keep you moving (and breathing a little hard) for at least fifteen minutes at a time</td>
<td>Riding your bike, jump rope games, dancing to music, inline skating, running, jogging, swimming, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag</td>
</tr>
<tr>
<td>Build sturdy bones</td>
<td>Are “weight bearing,” which means your body works against gravity</td>
<td>Walking, running, marching, hopping, skipping, karate, gymnastics, tennis, jump rope, all games that involve running such as basketball, rugby, baseball, football, soccer, or playing tag</td>
</tr>
<tr>
<td>Become stronger</td>
<td>Work your muscles</td>
<td>Tug-of-war, rope climbing, pumping higher on a swing, swinging bar to bar along play equipment, handstands, exercises such as sit-ups and push-ups</td>
</tr>
<tr>
<td>Move, reach and bend easier</td>
<td>Help you to stretch and become more flexible</td>
<td>Ballet and other dancing, gymnastics, stretching exercises, doing the splits, toe reaches, yoga</td>
</tr>
<tr>
<td>Enjoy moving your body and stay in good shape</td>
<td>Are FUN!</td>
<td>YOUR favorite activities, sports, and exercises!</td>
</tr>
</tbody>
</table>

DEVELOPED AT THE OHSU BOB AND CHARLEE MOORE INSTITUTE FOR NUTRITION & WELLNESS