

# Planning a Healthy Life with Proteins!

A lesson based on the book, Growing Up Strong, by Dan Yunk.

America's food supply is safe, affordable and abundant but misunderstood by the public. Kansas Farm Bureau seeks to improve consumer knowledge of the importance of farming and ranching through the *Kailey's Ag Adventure Series*, of which this book is a part.

## BACKGROUND INFORMATION:

After reading Growing Up Strong, we have learned that understanding nutrition is important in order to live a long and healthy life. Today we are going to only focus on one of the food groups, proteins! This includes meat, beans, and oils. Let's learn about the different types of protein sources, the healthy types of oils, and proper serving sizes.

The USDA recommends that everybody eats five ounces of protein rich foods like meats, beans, nuts, and eggs every day. An easy way to measure one serving is to measure the size of your palm. Some other nutrients that this group provides are iron, and vitamin B. It is important to consume some oil in your diet, as well to receive essential fatty acids. These can be found in oils made from fish, nuts, and vegetables (*source: USDA, www.choosemyplate.gov*).

It is important to be aware that some foods inside the meat & beans group can be high in saturated fat. It is important to choose lean meat and try to eat poultry and fish as well as red meats. It is important to limit the amount of oil you eat, though some is necessary.

## ACTIVITY 1: TYPES OF PROTEINS

Give each student a copy of Handout 1. To present the different types of proteins use a discovery learning style. Have the students work through the handout to discover what is available in each type of protein and which they prefer.

After the students have completed the handout, ask for several volunteers for each question. It is important to be respectful of every student's choice even if they chose not to eat these types of foods. In addition to asking for the student's preference, ask for the reason why. This method helps the students teach each other, keeping the lesson student-centered.

### LEVEL:

2nd-3rd grades

### SUBJECTS/STANDARDS:

K-4th grade Health Promotion Standard 1: The students will comprehend concepts about health promotion as it relates to nutrition.

Benchmark 1: The students will identify the relationship between well-being and health related behaviors.

Indicator A: Introduce students to a balanced diet and nutrition as it relates to the MyPlate Food Guide.

### ACTIVITY DESCRIPTION:

The students will learn the different types of protein sources available through a discovery learning style. Also, the students will learn how to measure a serving size of meat.

### STUDENT LEARNING

#### OUTCOMES:

Students will show understanding by selecting their favorite protein rich foods as well as tracing the correct serving size of meat using their palm.

## ACTIVITY 2: SERVING SIZES

Discuss the proper serving size and daily serving amounts with the students. Show the students what an ounce of dry beans looks like using a measuring cup. Also, draw around your palm on the board and explain to them that would be the right serving of meat for you as an adult.

Give each student a copy of Handout 2. The students will draw around their palm to find their correct serving size of meat. Also, explain to them if you had a container with the same area you would fill it to the one inch line to have a serving of beans or nuts.

## ACTIVITY 3: RECIPE OF THE DAY!

*The students should have their personal recipe books from the previous day's lesson.*

The students should record the ingredients and the instructions as you walk them through making their snack/recipe of the day. Be sure to check for any nut allergies before bringing food into the classroom. The recipe of the day includes:

### Trail Mix

#### Ingredients

1/4 cup peanuts

1/8 cup dried cranberries

#### Directions

Wash your hands. Scoop 1/4 cup of peanuts into your cup. Scoop 1/8 cup dried cranberries into your cup. Stir together or leave separate. Enjoy! Clean your area.

## ACTIVITY 4: PHYSICAL ACTIVITY IS KEY!

*It is important to eat a nutritious diet, but also to get exercise everyday! Each lesson included in this unit will include a game or activity to get some physical movement into the students day!*

### Peanuts in a Pod!

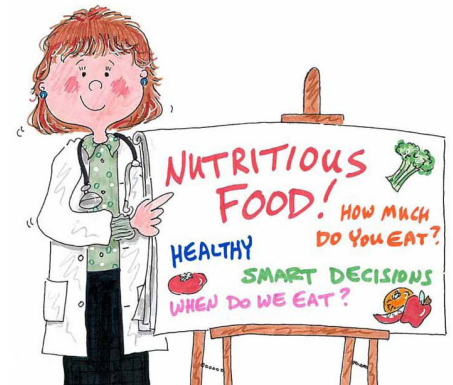
Have all the students in the class run in a large circle around the instructor/facilitator. The facilitator will yell a number such as "2 peanuts in a pod!" and the class will have to group into groups of two as quickly as possible. Change the number anywhere from 20 peanuts in a pod to 1 peanut in a pod. Whichever student or students do not get into groups will be eliminated for the round until everybody is out. Repeat as time allows.

**ESTIMATED TEACHING TIME:**  
50 minutes

**NEW VOCABULARY:**  
Protein  
Fatty Acids  
Serving Size

**MATERIALS NEEDED:**  
Growing Up Strong  
Copies of Handout 1  
Copies of Handout 2  
Variety Measuring Cups  
Peanuts  
Dried Cranberries  
Small Cups  
Dried Beans

**PREPARE AHEAD:**  
Make copies prior to class  
Be sure to double check for any peanut allergies. If you have nut allergies, you could offer a beef jerky alternative for a protein source snack.



# **Your Favorite Proteins!**

Name \_\_\_\_\_

## **Which is your favorite type of meat?**

- A. Beef
- B. Pork
- C. Wild Game
- D. Lamb
- E. None Please

## **Which is your favorite type of poultry?**

- A. Chicken
- B. Duck
- C. Turkey
- D. Goose
- E. None Please

## **Which is your favorite type of fish?**

- A. Tuna
- B. Trout
- C. Shrimp
- D. Shellfish
- E. None Please

## **Which is your favorite way to eat eggs?**

- A. Poached
- B. Scrambled
- C. Fried
- D. Basted
- E. None Please

## **Which are your favorite types of beans?**

- A. Soybeans
- B. Pinto Beans
- C. Refried Beans
- D. Lentils
- E. None Please

## **Which are your favorite types of nuts?**

- A. Almonds
- B. Peanuts
- C. Sunflower Seeds
- D. Pecans
- E. None Please

# Day 5 How much meat?



Name \_\_\_\_\_ Date \_\_\_\_\_

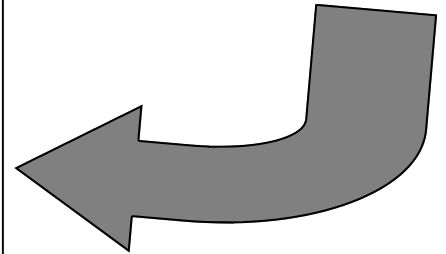
### Directions:

Trace around your hand. After tracing, circle your palm. Remember a serving of meat should not be bigger than the palm of your hand. In the box at the bottom draw your favorite meat or bean meal. Write what it is on the blank line.

Trace palm here.

A large, empty rectangular box with a black border, intended for tracing a hand palm.

*This is my meat serving size!*



Draw meal here.

A large, empty rectangular box with a black border, intended for drawing a meal.  

---

# Day 5 How much meat?

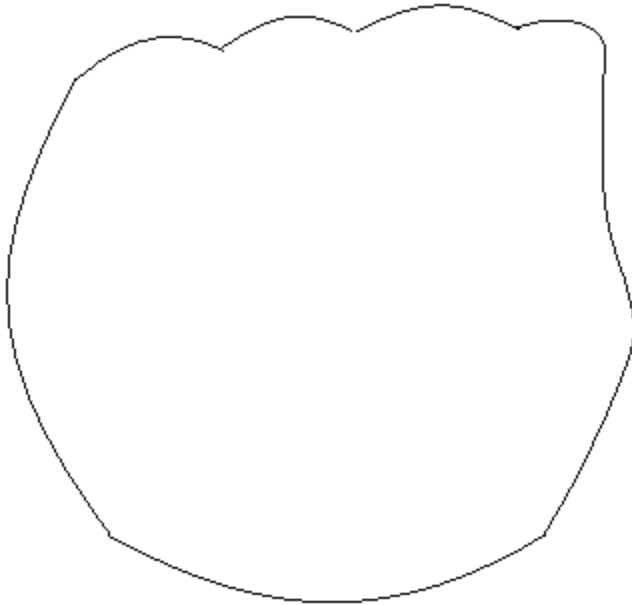


Name \_\_\_\_\_ Date \_\_\_\_\_

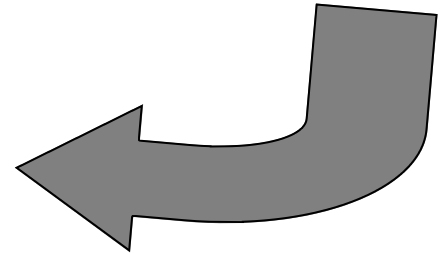
### Directions:

Trace around your hand. After tracing, circle your palm. Remember a serving of meat should not be bigger than the palm of your hand. In the box at the bottom draw your favorite meat or bean meal. Write what it is on the blank line.

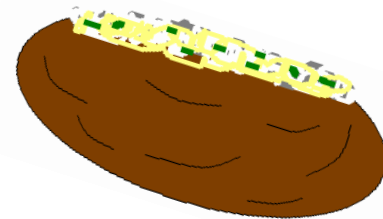
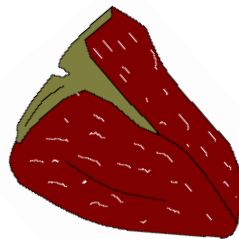
Trace palm here.



*This is my meat  
serving size!*



Draw meal here.



*Steak and a baked potato*